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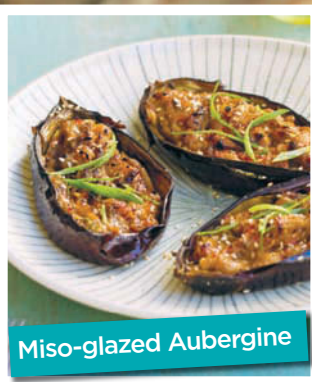
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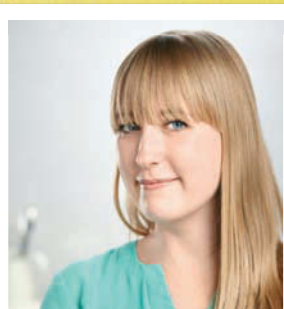
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Welcome to COOK VEGETARIAN



I don't know quite what it is, but something makes summer produce feel very celebratory. It could be the bright reds, fuschias and purples of the sweet berries on offer right now. Perhaps it's the little party outfits the ears of sweetcorn wear. Or, maybe, it's simply the riot of aromas and flavours, each vying for your attention

in greengrocers and farmer's markets.

Whatever it is, there's no better time to be a vegetarian than right now. There are crisp greens to build salads around, gorgeous stoned fruit to chill until you need refreshment, or sweet peppers to fill with your favourite grain and barbecue. Delicious! So, this issue, we're throwing open the doors to our favourite season and honouring all the mouth-watering produce that comes with it.

Hugh Fearnley-Whittingstall kicks things off with a few tasty recipes he discovered when River Cottage went Down Under – the little hand-held pies are brilliant for picnics. Elsewhere, kitchen garden expert James Wong shows us how to make the most of what's coming out of the allotments with his homegrown recipes. (If you hate washing up, his one-pot pasta dish is a stroke of genius.) And we have some incredible summery salads starting on p33 that are just the ticket to serve alongside your next barbecue.

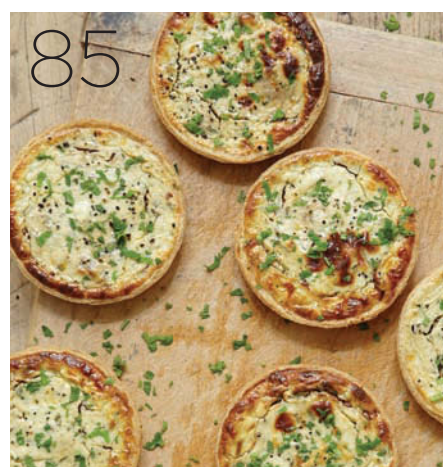
Meanwhile, Gennaro Contaldo serves up his ultimate vegetarian lasagne and if you have a bake sale looming, we've got you covered with some superb cakes from p40 onwards.

So, what are you waiting for? Find your inspiration and get the party started – it's going to be your tastiest summer yet!

Fae x

EMAIL: FAE@COOKVEG.CO.UK

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SYMBOLS IN COOK VEGETARIAN:



FREEZES WELL



QUICK MAKE



COST CUTTING



ECO FRIENDLY



VEGAN FRIENDLY



GLUTEN FREE



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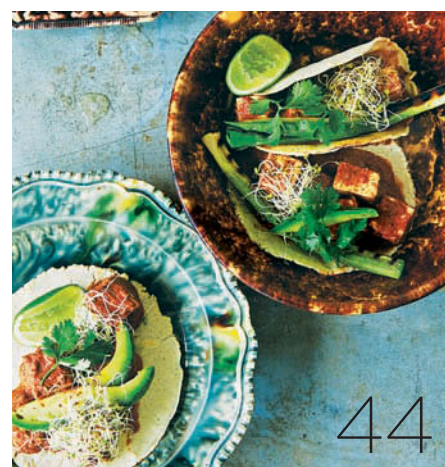
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Served alongside some guilt-free snacks, this is the healthiest pizza you'll ever make

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PHOTOGRAPHIE



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WIN A SELECTION OF FANTASTIC PRIZES!

Flick to p87 to check out what we're offering up this month, including some great cooking gadgets, handy utensils and a glorious veggie haggis hamper...

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River Cottage goes down under...

Hugh Feanley-Whittingstall has teamed up with celebrity chef **Paul West** to take River Cottage to Australia, and discovers some surprisingly delicious veg-packed dishes

Cooking without fruit, vegetables and herbs is like seeing the world in black and white. The edible plants that we lovingly sow, nurture and harvest bring a rainbow spectrum of colour and texture to the kitchen. They offer us cooks an almost infinite combination of flavours and their nourishing vitamins and minerals are essential to our health and wellbeing. Australia is particularly blessed with a wide range of micro-climates and growing zones, enabling its farmers and gardeners to grow nearly every edible plant imaginable, from apples to courgettes. There was a time not that long ago in Australian food culture where vegetables were lacking a real presence in the kitchen. They were an afterthought to the meaty star of a meal and except for the universally applauding spud, were generally boiled to the very limit of palatability. As adults, how many of us have turned our nose up at certain vegetables because of the childhood memory of being forced to eat flaccid, flavourless greens? Fortunately, home cooks are beginning to acknowledge the myriad benefits that fruit, vegetables and herbs have to offer. Veggies are stepping out from the shadows and asserting their place on Australia's tables.

BROCCOLI AND WALNUT COUSCOUS



Serves 4

Ready in 20 mins

370g couscous
oil, for frying
1 red onion, finely sliced
1 celery stick, finely sliced
1 head of broccoli, stalk finely sliced, florets shaved
2 garlic cloves, sliced
juice and zest of 1 lemon
salt and pepper
small bunch each of flat-leaf parsley, mint and chives, roughly chopped
handful of walnuts, toasted and roughly chopped
extra virgin olive oil

- 1** Bring 500ml water to the boil, then pour it over the couscous, cover and let it stand for five minutes. Remove the cover and fluff up the couscous with a fork, then set it aside some place warm.
- 2** Heat a frying pan over a medium heat, add a little oil and saute the onion, celery and broccoli stalks for a few minutes, until everything has softened. Add the garlic and broccoli florets and continue frying until the florets are



starting to colour and the garlic is soft and aromatic. Remove the pan from the heat, pour over the juice from the lemon and season with salt and pepper. Fork the fried vegetables through the couscous along with the herbs, walnuts, lemon zest and a splash of olive oil.

- 3** Enjoy as a salad by itself or as a herby side to a spicy tagine.

PER SERVING: 485 CALS, 12.26 FAT

HUGH'S BROAD BEAN AND PEA TOP TART



Serves 6-8

Ready in 1 hr 50 mins

For the shortcrust pastry

200g plain flour
pinch of salt
100g cold butter, cut into small cubes
about 50ml cold full cream milk

For the filling

large knob of butter
2 brown onions, finely sliced
250-300g broad bean tops, or a mixture of pea shoots and bean tops
salt and pepper
100g mature Cheddar, coarsely grated
200ml full cream milk
200ml double cream
2 whole free-range eggs, plus 1 egg yolk
salt and pepper

- 1** Start with the pastry. Put the flour, salt and butter in a food processor and pulse until the mixture has the consistency of breadcrumbs. Then, with the motor running, pour in the milk in a thin stream. Watch carefully and stop adding milk as soon as the dough comes together. Tip out onto a lightly floured board, knead a couple of times to make a smooth ball of dough, then wrap in clingfilm and chill for half an hour.

- 2** Meanwhile, heat the butter in a frying pan over a medium heat and add the onions. Fry gently for a good 10-15 minutes. Add the broad beans tops (or pea shoots and broad bean tops) and cook for a few minutes, stirring often, until wilted. Season with salt and pepper.

- 3** Preheat the oven to 180C/350F/Gas 4. Roll out the pastry thinly, and use it to line a 25cm, loose-bottomed tart tin. Leave the excess pastry hanging over the edge. Prick the base all over with a fork, line with baking paper and baking beans or uncooked rice, put the tin on a baking tray and bake for 15 minutes. Remove the paper and beans, and bake for about 10 minutes more until the pastry looks cooked and lightly coloured. Trim off the excess pastry with a small knife. Leave the oven at 180C/350F/Gas 4.

- 4** Arrange the bean top and onion mixture over the pastry case. Scatter on the grated cheese. In a jug, whisk together the milk cream, eggs and yolk and season with salt and pepper. Pour this custard into the tart (you may have a little left over, but fill it as full as you can). Slide the tart carefully into the oven and bake for about 40 minutes, or until lightly set and golden brown. Serve warm or cold.

PER SERVING (8 SERVINGS): 473 CALS, 35.36 FAT

HELLO
SUMMER!

HUGH'S BROAD BEAN AND PEA
TOPPED TART



SAVOURY PUMPKIN PIES

“Pies are arguably the closest thing that we Aussies have to a national dish. We didn’t invent them and we’re definitely not the only culture to make them, but we’ve certainly taken to them with great gusto”

SAVOURY PUMPKIN PIES



**Makes 8 individual pies, or
1 family-sized pie
Ready in 1 hr 30 mins**

2 sheets of frozen shortcrust pastry, thawed
1.2kg pumpkin, skin and seeds removed, cut into 2cm cubes
olive oil, for roasting and frying

2 fresh bay leaves
3 tsp cumin seeds, toasted
3 tsp coriander seeds, toasted
1 tsp ground cinnamon
1/2 tsp freshly grated nutmeg
1 brown onion, thinly sliced
1 mild red chilli, deseeded and finely chopped
small bunch of flat-leaf parsley, finely chopped
2 sheets of frozen puff pastry, thawed
2 tbsp full cream milk
2 tbsp sesame seeds

- 1** Lightly grease eight individual pie dies or one 30cm large dish.
- 2** Lay the shortcrust pastry sheets over the pie tins, cutting the sheets as necessary to fit. Gently press the pastry into the base of the tins, then trim any excess and pop them in the fridge until you're ready with the filling.
- 3** Preheat the oven to 170C/325F/Gas 3 and line an oven tray with baking paper.
- 4** Lay the pumpkin cubes in a single layer on the oven tray. Pour over a little olive oil, season with salt and pepper and toss in a couple of bay leaves.
- 5** Lay a sheet of baking paper over the top of the pumpkin, and roll the edges of the two sheets together to make a little pumpkin parcel. Pop the tray in the oven and bake for around 15 minutes or until the pumpkin is beginning to soften. Then, whip off the top sheet of paper, crank the oven to 220C/425F/Gas 7 and put the tray back in to continue cooking for another 5-10 minutes until the pumpkin is totally soft and a little crunchy around the edges/
- 6** Meanwhile, crush the cumin and coriander seeds in a mortar and pestle along with the cinnamon and nutmeg.
- 7** Heat a little oil in a frying pan over a medium heat and sauté the onion and chilli for a couple of minutes until they are both soft. Add the ground spices to the pan and cook for two minutes until aromatic. Remove from the heat and add to a bowl with the cooked pumpkin and parsley. Season with salt and pepper and mix together. Let the mixture cool and then spoon into the shortcrust pie bases.
- 8** Place the pastry sheets over the top of the filled pie shells. Trim off any excess and pinch the edges together to seal. Prick the tops with the tip of a knife or a skewer so that steam can escape while cooking, then brush a little milk over the pastry and sprinkle on the sesame seeds.
- 9** Set the oven temperature to 190C/375F/Gas 5 and put the pies in to bake for around 25-30 minutes. The pastry on top should be golden and puffed, the filling steaming hot and the base firm and cooked. Serve as soon as they're cool enough to handle.

PER SERVING: 210 CALS, 13.3G FAT

BOOKSHELF

Recipes taken from Paul West's *The River Cottage Australia Cookbook** (£25, Bloomsbury).
Photography by Mark Chew.

*INCLUDES NON-VEGETARIAN CONTENT

NEW



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Let's go on a Picnic!

You wait months for the first alfresco dining experience of the year, make sure you get it right with these crowd-pleasing veggie options



1. Barbecue Tabletop Barbecue, £129.99, Lakeland This convenient and stylish grill makes the perfect table centrepiece

2. The Deli Stuffed Peppers with Cream Cheese and Marinated Olives, £1.29 each, Aldi These tasty treats are guaranteed to impress your guests!

3. Fry's Asian Spiced Burgers, £3.15, Fry's Original Hot Dogs, £3.45, Ocado A vegan match made in heaven – the aromatic spices of these burgers complements the traditional smoked hickory flavours of the irresistible hotdogs

4. Moorish Chilli Harissa Smoked Humous Snackpot, £2.89,

Holland & Barrett A convenient snack pot which doesn't skimp on the most delicious humous – this is a picnic winner

5. Slim Light French Dressing, £4.50, www.lucysdressings.co.uk A beautiful low-fat and low-sugar dressing which doesn't compromise on taste, it's perfect poured over an avocado salad

6. Santa Maria BBQ & Grill Mesquite, £3.99, Tesco This grinder is packed with the smoked aroma of chipotle chilli, garlic and red and green bell peppers to give your lunch a kick

7. Urban Fruit Perfect Pineapple, 80p, Waitrose Gently baked with no sugars or preservatives, these are the ideal guilt-free fruit treat!

Kitchen notebook

Discover what's been whetting our appetite the month

5 WAYS WITH... *Raspberries*

1 Berry Smoothie

Using an electric juicer, juice 225g red cabbage and 225g trimmed and scrubbed beetroot. In a liquidiser, purée 175g raspberries and 100g blueberries with a little of the cabbage and beetroot juice in a liquidiser. Add the remaining vegetable juice to the fruit purée and sweeten with 2 tsp runny honey.

2 Raspberry Vinegar

Crush 225g raspberries lightly with a fork. Pour over 250ml white wine vinegar and leave to sit, covered, for three days. Strain the raspberries out using a very fine sieve. Boil the remaining liquid with 40g sugar for ten minutes. Leave to cool before decanting into sterilised containers.

3 Raspberry Salad

Slice one block of halloumi and fry until crisp and golden. To a plate, add a bed of rocket leaves, 1/4 diced cucumber, a handful of raspberries and then the cooked halloumi. Drizzle with a light olive oil and season.

4 Raspberry Cheesecake

Bash 10 digestive biscuits and add to 75g melted butter and 1 tbsp golden syrup. Press into an oiled springform tin and chill in fridge. In a bowl, mix together 750g mascarpone cheese, 200g caster sugar and 5 tbsp icing sugar. Don't over mix. Fold in 1 punnet of raspberries and add to the cake tin. Chill, then decorate with fresh raspberries and mint leaves before serving.

5 Raspberry Collins

Muddle 9 raspberries in the base of a cocktail shaker. Fill with ice and pour in 50ml Smirnoff vodka, 25ml lemon juice and 10ml sugar syrup. Shake then strain into a glass. Top up with a splash of tonic water.

SMOOTHIE RECIPE COURTESY OF WWW.SEASONALBERRIES.CO.UK



EASY-TO-STEAL STYLE

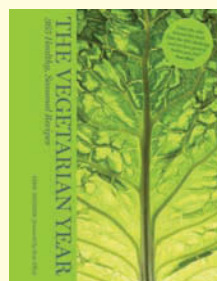
The glorious June sunshine deserves a celebration, and what better way to do that than by rounding up your nearest and dearest to enjoy some good food while basking in the heat? Making a summer garden party memorable is all in the clever details. These fun glittery pom poms and colourful umbrellas are ridiculously cute. Prices start from just £3, see the full range at www.talkingtables.co.uk

Homemade pot noodle!

This makes a quick
and easy lunch
that's delicious

Take a nest of noodles and place in the bottom of a Kilner jar (or other glass jar). Pile on top 1 pinch turmeric, 1 pinch chilli, 1 finely crushed garlic clove, 1-2 chopped spring onions, 1 handful chopped coriander, 1 handful julienned butternut squash and 1 handful spinach. Cover with boiling water leave to sit for 5 mins. Once cooled, squeeze over a little lemon juice and enjoy!

COOKBOOK OF THE MONTH



Discover a veggie
recipe for every day
of the year

Cooking seasonally not only makes for tastier, more flavoursome dinners, it's also better for your health and helps to cut carbon emissions. For some

seasonal inspiration, *The Vegetarian Year* by Jane Hughes (£20, Modern Books) has 365 easy-to-follow recipes that savour the fresh abundance of spring through to winter, and will make you fall in love with what's available now. This month we've tried the Broad Bean and Mozzarella Bruschetta and the Courgette and Tomato Tart, which were both delicious.



TOMATOES IN CRÊME FRAÎCHE



Serves 4

Ready in 10 mins

* 8 ripe, even-sized tomatoes
* 1 tbsp olive oil * 1 shallot,
finely chopped * 1 garlic clove,
finely chopped * 1 sprig of
fresh thyme * 3 tbsp crême

fraîche or sour cream * salt
and freshly ground black
pepper * chopped fresh
flat-leaf parsley, to garnish

1 Pour boiling water over the
ripe tomatoes in a heatproof
bowl. Set aside for one minute,
then drain and carefully peel
off the skin using a sharp knife.

2 Heat the oil in a small, heavy-
bottomed frying pan over a low
heat. Add the shallot, garlic

and thyme leaves and fry
gently, stirring for two minutes.
Add the whole peeled
tomatoes and fry for
5 minutes, stirring gently
from time to time.

3 Add the crême fraîche or
sour cream and season with
salt and pepper. Increase the
heat and bring to the boil. Cook
for a further five minutes.
Garnish with parsley and
serve at once.

PER SERVING: 90 CALS, 7.2G FAT

TAKEN FROM THE TOMATO BASKET (£11.99, RYLAND PETERS & SMALL)

Hot on the shelves

FOOD TO FALL IN LOVE WITH THIS MONTH

1 Go Raw

The Living Kitchen has a range of delicious vegan products that are all completely raw – you can't get healthier than that! The dips are especially impressive and the Beetroot Hummus, £3.15, is great to take on a picnic. Available from www.planetorganic.com.



2 Natural ice cream

If you look after your health but have an insatiable sweet-tooth, this Oppo Salted Caramel Ice Cream, £5.49, is for you. It's made with stevia and virgin coconut oil instead of cane sugar and cream and tastes so indulgent. Available from Waitrose.



3 Atlantic Kitchen Sea Spaghetti

Seaweed is such an underused ingredient, and we love the wide range available from Seaweed Heaven, including this simple and delicious spaghetti, £5.95 for 40g. visit www.seaweedheaven.uk



LIVEN UP LEAVES

TURN FRESH SALAD INTO A FLAVOUR EXPLOSION WITH THESE DREAMY DRESSINGS



Healthy obsession

Made using agave nectar for a sweet zing, The Groovy Food Company's dressings, £2.50 each, is lower in calories than most. www.groovyfood.co.uk

Dress it up

Righteous salad dressings are vegan and gluten-free, and make everything taste better! They are £2.49 each, available from Waitrose.

Salad days!

Add a delicious tang to your summer salad with this Fussell's Quince and Cider Vinegar Dressing, £2.50. www.fussellsfinefoods.co.uk

HOW TO USE UP... TOMATOES

Fresh salsa

Whiz up tomatoes, onion, peach and peppers, and combine. Add chopped coriander and basil and serve.

Try stuffing

Scoop out the tomato middle and add a mix of quinoa, spinach and cream cheese. Bake for 20 mins.

Dry them out

Cut in half and bake on a low heat for three hours.

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FROM PLOT TO PLATE

If your allotment is bursting with seasonal goodies, **James Wong** has some ingenious ways to make tasty use of them



“When added to even the most boring shop-bought jar of pasta sauce, just a few leaves are enough to cheat a fresh-from-the-garden flavour. But

I like to go one better and add them to my own one-pot recipe, where the pasta is cooked in its own sauce”

FLAVOUR FROM FOLIAGE

Love the intoxicating herbal scent of fresh tomato leaves? Well, did you know that you can use them to cook with?

Despite the popular misconception that they are toxic (they are part of the nightshade family, after all) tomato leaves are fast becoming a popular ingredient with top US chefs, for their ability to impart the foresty ‘green’ flavour aroma to soups and sauces. Although tomato leaves do contain very small amounts of a toxic chemical called tomatine (also incidentally found in all green-fleshed tomato varieties and of course in green tomato chutney!), this is at such a low dosage you would have to literally eat kilograms of them on a regular basis to have any noticeable effect – making them arguably as safe to eat as crops like rhubarb or almonds that also contain small quantities of toxins.



Grow it!

TOMATOES

If you only grow one vegetable this summer, I implore you, make it a tomato. More than any other vegetable, the home-grown tomato's intense fragrance and complex flavour guarantee that, when pitted against sorry supermarket offerings, it will pass the blindfold test every time.

ONE-POT
TOMATO-LEAF
PASTA

“In Japan whole frozen corn cobs are eaten like ice lollies as a popular late-summer treat for kids. They are so sweet and creamy that little sugar monsters will barely notice how healthy they are. This is veg serving via deception”

ONE-POT TOMATO-LEAF PASTA



Serves 4
Ready in 15 mins

350g spaghetti
2 tomato leaves, whole
350g tomatoes (I've used 'Russian Rose', 'Yellow Pear' and 'Green Zebra' varieties)
1 red chilli, sliced
1 lt stock
1 onion, thinly sliced
2 tbsp olive oil
5 garlic cloves, chopped

1 Bring everything into a wide shallow pan, boil for 10 minutes, fish out the tomato leaves and get greedy!
PER SERVING: 366 CALS, 8.5G FAT

FROZEN CORN POPS



Serves 4
**Ready in 10 mins (plus
6 hrs freezing)**

4 corn cobs in their leaves
all natural cream
vegetarian hundreds and thousands

1 Fold back the leaves around each sheath and tie them back in a bundle with a piece of string. This will form your lolly 'stick'.
2 Pop the cobs into a plastic bag and freeze until solid (about 6 hours).
3 Drizzle over some cream and a sprinkle of hundreds and thousands as soon as the cobs leave the freezer – they will stick solid and persuade even the most five-a-day-phobic young 'un to get stuck in.
PER COB: 195 CALS, 11G



CORN

Corn has to be one of the easiest gourmet veg around, offering up jaw-dropping flavour without the need for any special cultivation tips and tricks. Step out of the supermarket comfort zone of boring, canary-yellow cobs and you'll discover a world of flavour, texture and colour so varied you'd never believe it could come from the same plant.

SKIP THE SYNTHETICS

A study from the University of California showed that organically grown corn had more than 50 percent more vitamin C and more polyphenols than conventionally grown corn. While the jury may be still out on this issue and results may vary, I'd prefer to skip the synthetics.





ROASTED BEETROOT AND LENTIL SALAD



Serves 4 as a starter or a light lunch
Ready in 1 hr 30 mins

1kg small 'Detroit Dark Red' and
'Burpee's Golden' beetroots, peeled
1 red onion, peeled
1 tbsp honey
2 tbsp unfiltered olive oil
2 tbsp balsamic vinegar
salt and pepper
250g precooked beluga lentils

1 handful of beet leaves, finely
shredded
juice and rind of 1 orange
a few sprigs of mint and dill
100ml crème fraîche

- 1 Cut the beetroot and onions into quarters. Arrange in a roasting tin and drizzle over the honey, olive oil and balsamic vinegar. Do not toss them together as the red beets will stain the yellow ones. Season with salt and pepper.
 - 2 Roast the beetroot in a preheated 200C/400F/Gas 6 for 45 minutes or until tender.
 - 3 Spoon the lentils onto a plate and arrange the beet leaves around them. Top with the roasted beetroot, drizzle with the orange juice and scatter over the herbs and orange rind.
 - 4 Serve with a dollop of crème fraîche and extra oil and vinegar. This salad is a match made in heaven with goat's cheese.
- PER SERVING: 364 CALS, 15.7G FAT

Grow it!

BEETROOTS

Beets are among the richest sources of phytonutrients of all vegetables and can yield surprisingly large crops of sweet, candy-coloured roots in even the smallest of spaces. They are true horticultural multitaskers, too, producing masses of tasty, Swiss chard-like greens atop their familiar roots. Some varieties are even pretty enough to hide incognito in the flower bed, giving flashes of colour to rival the most disco-hued bedding plants. Asking more from a plant is really just being greedy.

Did you know...

that six times more of beetroot's geosim is concentrated in the skins. So, if you don't like the earthy flavour that geosim creates, just peel your beetroot.

*INCLUDES NON-VEGETARIAN CONTENT

BOOKSHELF



Recipes taken
from *RHS
Grow For
Flavour** by
James Wong
(£20, Mitchell
Beazley)

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Recipe of the THE MONTH

Make sure your next barbecue has a stand-out centrepiece, like these delicious veggie burgers that come with a seasonal courgette relish



VEGGIE BURGER WITH COURGETTE RELISH



Serves 4

Ready in 1 hr 10 mins

For the courgette relish

1 tsp pink peppercorns, lightly crushed
1/2 tsp ground turmeric
1/2 tsp mustard powder
75g caster sugar
75ml distilled vinegar
2 large courgettes, julienned

For the burgers

75ml olive oil
1 onion, finely chopped
2 garlic cloves, crushed

1 tsp dried basil
1/2 tsp dried oregano
600g canned chickpeas, drained
100g fresh breadcrumbs
1 large free-range egg, beaten
2 tbsp cornflour, plus extra for dusting
4 sesame burger buns, split
1/2 head oak leaf lettuce
salt and freshly ground black pepper

1 Combine the peppercorns, turmeric, mustard powder, sugar, vinegar, and 75ml of water in a large saucepan.
2 Cook on a low heat, stirring frequently, until the sugar has dissolved. Add the courgette, stir briefly, and bring to the boil. Reduce the heat and cook at a gentle simmer for 15-20 minutes until softened. Remove from the heat and leave to cool to one side.

3 Heat a couple of tablespoons of olive oil in a large sauté pan set over a medium heat until hot. Add the onion, garlic, and dried herbs. Sauté for 5-6 minutes until softened before adding the chickpeas. Cook for a further 2-3 minutes and then tip everything into a bowl. Add the breadcrumbs, egg, cornflour, and plenty of seasoning, mashing well until combined. Shape into four patties and chill for 30 minutes.

4 Dust the patties in a little extra cornflour, shaking off the excess. Heat a couple more tablespoons of olive oil in a large sauté pan set over a moderate heat until hot. Pan-fry the patties for 2-3 minutes on both sides, until golden on the outside.

5 Top the bottom halves of the buns with some lettuce and sit the patties on top. Spoon over the courgette relish and position the tops of the buns in place before serving.

PER SERVING: 749 CALS, 27.1G FAT



ALL RECIPES
SERVE 2

PANEER AUBERGINE, CHICKPEA AND HARISSA RAGU



Slice **1 white onion**, chop **2 garlic cloves**, peel and dice **2 inches ginger**, and cut **1 large aubergine** into 1cm pieces. Heat a heavy-based saucepan and add **2 tbsp rapeseed oil**. When hot, add the **onions** and fry for 5-6 minutes. Now add the **garlic, ginger** and the **aubergine** and cook for a further 5 minutes. Add **2 heaped tsp harissa paste** and **1 tbsp tomato purée**, **1 tsp ground coriander** and **1 tsp ground cumin**. Cook for 2-3 minutes coating all the vegetables in the paste and spices. Dice **200g paneer** and add to the ragu along with a **400g tin drained chickpeas**. Now add **400ml gluten-free vegetable stock**, bring to the boil and allow to simmer for 30 minutes before serving with torn **coriander**, **cooked basmati rice** and **yoghurt**.

GRILLED VEGGIE EMMENTAL AND OREGANO TOMATO SANDWICH



Thickly slice **2 large plum tomatoes**, lay onto a tray and drizzle with **extra virgin olive oil**, **salt**, **pepper** and dried

oregano. Grill for 4 minutes per side until soft and slightly charred. Drizzle **4 slices of sourdough** with **extra virgin olive oil** on both sides. Spread one side with **Dijon mustard**. Grate **200g veggie Emmental cheese** and cover two of the 4 slices. Top with the grilled tomatoes and place on the top slice of bread. Place under the grill and cook until golden brown before flipping over and cooking the other side. Rub the top of your sandwich with a **garlic clove** once cooked. Serve with extra **Dijon mustard**.

CAMEMBERT, PAN ROASTED ENDIVE, ORANGE AND HAZELNUT SALAD



Preheat your oven to 200C/400F/ Gas 6. Drizzle your **whole Camembert** with olive oil and a **little honey** and place onto a tray, in its box with the lid removed. Pour **2 tbsp olive oil** into a frying pan and turn the heat to medium. Cut **3 endive heads** in half length-ways and place them cut side down into the hot frying pan. Cook for 3 minutes on one side before adding the **juice of ½ orange**, seasoning with a **pinch of salt** and turning them over to cook for another 3 minutes on the other side. Now transfer the pan to the oven, along with the Camembert and cook for 12-15 minutes. While they are cooking you can zest **2 oranges**, peel and slice them into ½ cm slices. Toast and crush **50g hazelnuts** either in a pan or on a tray in the oven. When your endive are tender and your cheese is soft, remove them both from the oven. Arrange **2-3 handfuls of watercress** on a platter.

FANTASIC

Fromage

Sophie Wright has a love-affair
with cheese this month...

Squeeze over the juice of **½ lemon** and **2 tbsp extra virgin olive oil**. Arrange the warm endive on top of the watercress and lay on the orange slices. Spoon out the oozing Camembert and pile it on top. Finally, sprinkle with the crushed and toasted hazelnuts, the orange zest and drizzle with more olive oil.

FETA, AVOCADO AND BLUEBERRY ON RYE



Toast **4 slices rye bread**. Scoop out the flesh of **1 ripe avocado** and mash with **50g ripe blueberries**. Crumble in **75g feta cheese**, season with **black pepper** and **little salt** and the **zest and juice ½ lemon**. Add **2 tbsp extra virgin olive oil** and **avocado oil** and spoon onto your toasted rye bread.

BOURSIN AND GRATED COURGETTE PASTA WITH CHILLI AND PINE NUTS



Bring a large saucepan of salted water to boil. Add **250g wholemeal pasta** and cook until al dente. Grate **2 large courgettes** on the thickest side of your grater and chop **½ a large red chilli**. Remove the seeds if you wish. Once the pasta is cooked, drain, reserving a little of the cooking liquor in the bottom of the pan. Add the pasta back into the pan and add the grated courgettes along with **2 tbsp boursin**, the chopped chilli and **2 tbsp toasted pine nuts**. Serve your pasta with the **zest of**

½ unwaxed lemon and a drizzle of extra virgin olive oil.

RICOTTA FRITTERS WITH CINNAMON SUGAR



In a large bowl, mix together **250g ricotta**, **1 free-range egg**, **2 free-range egg yolks**, **5 tbsp caster sugar**, **8 heaped tbsp plain flour**, **2 tsp baking powder** and **1 tsp cinnamon**. Heat **250ml vegetable oil** in a deep saucepan and turn the heat to medium. Take 1 tbsp of your mixture and, using another spoon, gently push it off into the oil. Do this until you have about 6 cooking at the same time. When the fritters are golden on one side, turn them gently and cook the other side. Remove them from the oil using a slotted spoon and place onto absorbent kitchen roll to remove the excess oil. Cook the other batch while the others cool. Finally, mix **4 tbsp sugar** with **2 tsp cinnamon**. Roll the cooked fritters in the sugar and cinnamon mixture and serve with **creme fraîche**.

DOLCELATTE, WHITE ONION, SPINACH AND PINE NUT PIZZA



Finely slice **2 large white Spanish onions** and **2 garlic cloves** and fry gently for about 20-30 minutes with **20g butter** and **2 tbsp oil**, **1 tsp thyme** and **1 tsp salt**. Allow to cook until sweet and softened. This will take around 20-30 minutes on a low heat. Leave to cool. Steam some **spinach** until just wilted. In a bowl, mix **250g strong flour** with a **½ tsp salt**, **3.5g dry yeast** with **½ tsp sugar**, **200ml lukewarm water** and **2 tbsp olive oil**. Leave to activate for a few minutes before making a well in the centre and gradually pour in the liquid. Keep pouring and mixing and pulling in the flour from the side of the bowl until a dough is formed. Now tip the contents onto a work surface, add a little flour to your hands and knead the dough until soft and springy. Place the dough back into your bowl, sprinkle with a little flour and cover with a clean tea towel. Leave in a warm place for 1 hour, or until it has doubled in size. When risen, turn the dough onto a floured surface and knock out all of the air. Now roll

out to form 2 pizza bases. Spread the base of your pizza with a **little vegetarian pesto**. Crumble over **100g of Dolcelatte**, scatter with the **cooked onions** and **spinach** and add **2 tbsp toasted pine nuts**. Season with **black pepper** and another **drizzle of olive oil**. Place two baking sheets into a 240C/475F/Gas 9 preheated oven. When the trays are red hot, drizzle with a **little olive oil** and transfer the pizzas carefully to the sheets. Cook for 12-20 minutes.

STILTON AND WALNUT MUFFINS



Place **300g plain flour**, **½ tsp baking powder**, **100g Stilton**, **50g whole walnuts**, **120ml vegetable oil**, **1 free-range egg** and **150ml natural yoghurt** into a blender. Mix until combined. Line 8 muffin holes with cases and fill with the muffin mixture until **¾ full**. Egg wash the top of each muffin and grate over a **little vegetarian Parmesan-style cheese** and place a **walnut half** on top of each. Bake in the oven at 180C/350F/Gas 4 for 15 minutes or until golden. Serve while still warm with **some butter** and a **little red onion marmalade**.

GOAT'S CHEESE, ROASTED SQUASH, CARROT AND CUMIN SALAD



Preheat your oven to 180C/350F/Gas 4. Cut **200g butternut squash** into 2-3 cm pieces. Peel **2 carrots** and cut into sticks. Transfer onto a non-stick baking tray. Drizzle with **3 tbsp olive oil** and **1 tbsp maple syrup**. Sprinkle with **1 tsp salt**, **1 tsp pepper**, **1 tsp ground cumin** and **1 tsp of cumin seeds** and mix well. Cook in the oven for 25-30 minutes or until tender and slightly golden. Once cooked, remove from the oven and place onto a platter. Sprinkle with **1 tbsp chopped parsley**. Crumble over **75g goat's cheese** and **1 tbsp sunflower seeds** and serve with **crusty bread** and an extra drizzle of olive oil.

3 of the best...

• If you're going to cook with Cheddar, Snowdonia Little Black Bomber, £4.15, is the tastiest we've tried in a long time. Available from www.snowdoniacheese.co.uk

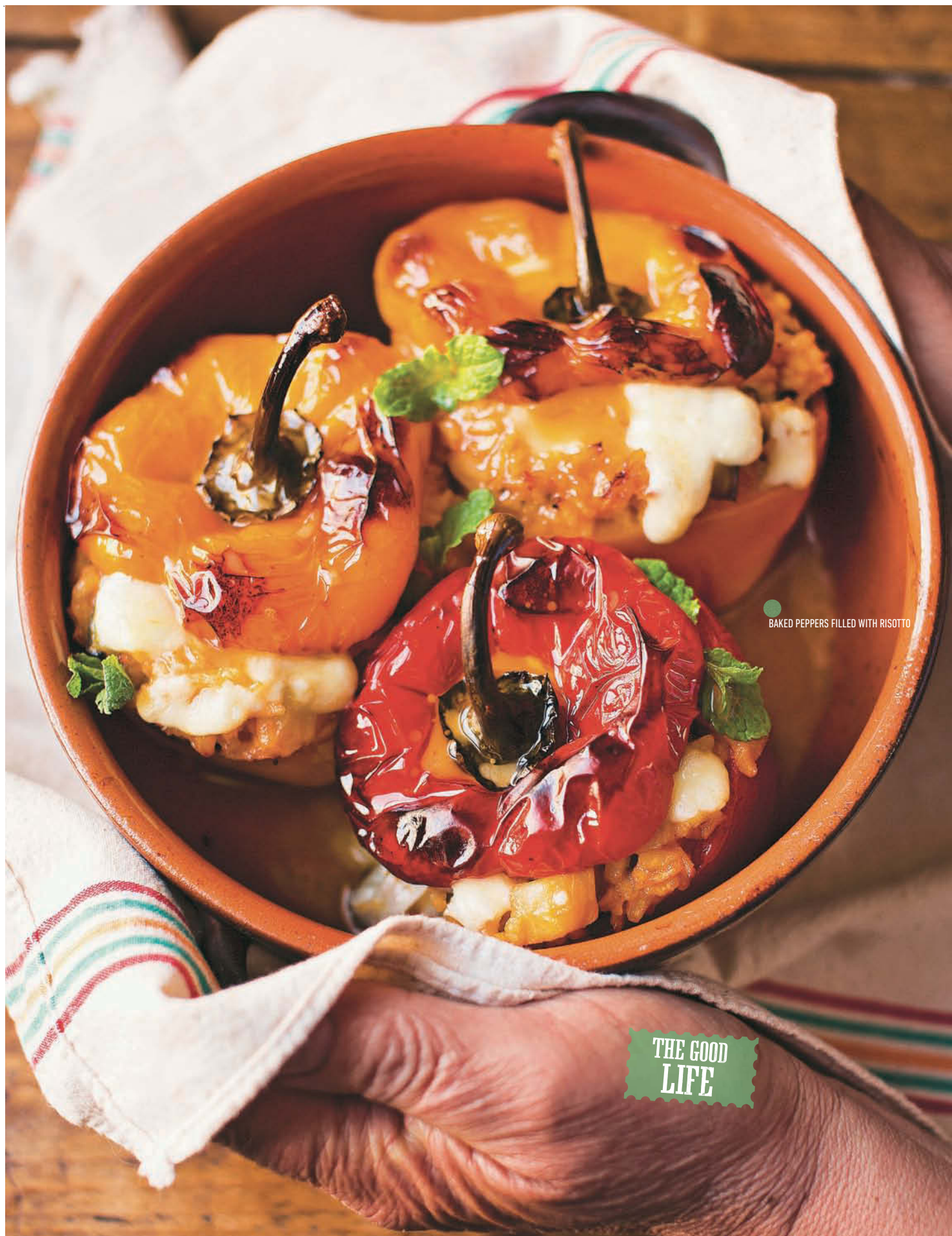


• Award-winning creamy soft and mellow Yorkshire Blue (£3.15, www.shepherdspurse.co.uk) is made with milk from proud Yorkshire cows using veggie rennet.



• Made in Somerset from quality West Country Cheddar, Applewood cheese is available in wedges, slices and snacking sticks from all major supermarkets (£1.85 for a wedge, Tesco).





BAKED PEPPERS FILLED WITH RISOTTO

THE GOOD
LIFE



Take it slow...

These recipes aren't quick or easy, but the romance of waiting for dinner while the Italian aromas fill your house more than make up for it, says Greedy Italian **Gennaro Contaldo**

"Slow cooking is one of my favourite ways to cook: it's simple, stress-free and allows you to get on with other things safe in the knowledge that slowly, slowly the stove-top or oven is doing its job.

"It takes me back in time to when – only a generation or so ago – everyone cooked on coals and wood. There was no gas or electricity, and food sometimes took all day (or even all night) to cook.

"Gradually, over the years, supplies of coal and wood were replaced with the cylinders. My grandfather refused to change, and kept the same old range; this is where the family got together for Sunday lunches and special occasions until he died in the early 1980s. At the time, I could not believe he would forgo such luxury. It was not until years later, as an adult and chef, that I looked back with much fondness and nostalgia at that old kitchen range – the romance of the flickering flame, the warmth of a real fire, the smell of burning wood and ash"

BAKED PEPPERS FILLED WITH RISOTTO



Peperoni al forno ripieni al risotto

Serves 4

Ready in 1 hr 40 mins

2 tbsp extra virgin olive oil, plus extra to drizzle

1/2 onion, finely chopped

150g Arborio rice

1/2 courgette, diced

1/2 aubergine, diced

2 tsp tomato purée

700ml hot vegetable stock (see Masterclass)

30g vegetarian Parmesan-style cheese, grated

salt and freshly ground black pepper

“I love roasted peppers, and this nutritious filling makes them a healthy complete meal. Filling peppers with rice is quite common in Mediterranean countries, but I find they can be a little bland; I have made a quick risotto with some summer vegetables to use as the stuffing and the addition of mint gives a pleasant refreshing flavour. You can make this dish very colourful by using red, yellow, green and orange peppers. I have suggested one pepper per person, but if, like me, you are greedy, double the quantities – you can always enjoy them cold or heated up the next day”

4 large peppers
1 ball of vegetarian mozzarella, torn into small pieces
a handful of fresh mint leaves, torn

1 Preheat the oven to 180C/350F/Gas 4. Heat the oil in a pan, add the onion and sweat on a medium heat until softened. Stir in the rice until each grain is coated. Stir in the courgette, aubergine and tomato purée, then add a little stock and cook until absorbed.

2 Gradually add the remaining stock, stirring all the time, for 12–15 minutes. Remove from the heat, stir in the Parmesan-style cheese, taste for seasoning and leave to cool slightly.

3 Slice the tops off the peppers, keeping the stems, and set aside. Put the peppers in a lightly oiled baking dish. Half-fill them with the risotto, add a few cubes of mozzarella, gently pressing it into the filling, and some mint. Add the remaining risotto and more mozzarella, pressing it in. Put the pepper lids on the filled peppers, drizzle with a little oil, cover with foil and bake for 45 minutes. Remove the foil and bake for 15 minutes.

4 Remove from the oven and leave to rest for five minutes before serving. Can also be enjoyed cold.

PER SERVING: 358 CALS, 16.6G FAT

PUGLIESE POTATO FOCACCIA



Focaccia di patate alla Pugliese

Makes 1 x 30cm (12in) focaccia
Ready in 2 hrs 20 mins

12g fresh yeast
185ml lukewarm water
400g '00' flour
100g potato, cooked and mashed
1 tsp salt

For the topping
100g cherry tomatoes, halved



3 tbsp extra virgin olive oil
1 tsp dried oregano
small handful of fresh basil leaves

1 Dissolve the yeast in a little of the water. Put the flour, mashed potato and salt in a bowl, add the yeast and water mixture and gradually add the remaining water to form a dough. Knead on a floured surface for five minutes. Form into a ball, cover with clingfilm and leave to rise in a warm place for about 1 ½ hours.

2 Heat the oven to 200C/400F/Gas 6.

3 Line a large baking sheet with baking parchment, place the dough on top and gently spread the dough to form a rough 30cm (12in) circle. Top with the tomatoes, drizzle with oil, sprinkle with salt and pepper, oregano and the basil leaves. Bake for 30 minutes.

4 Remove from the oven and leave to rest for five minutes before serving. Enjoy hot or cold.

PER FOCACCIA: 1,409 CALS, 5.8G FAT

LASAGNE WITH SLOW-COOKED VEGETABLE RAGÙ



Lasagne con Ragù di Verdure

Serves 4
Ready in 2 hr 40 mins

3 tbsp extra virgin olive oil
1 shallot, finely sliced
1 leek, finely sliced
1 celery stalk, finely sliced
1 carrot, finely sliced
1 turnip, finely sliced
150g pumpkin, diced
85g mushrooms, sliced
100g curly endive, roughly chopped
1 garlic clove, crushed
1 sprig of marjoram
1 sprig of thyme
3 tbsp canned chopped tomatoes
250ml stock (see Masterclass)
butter, to grease and finish
8-10 fresh lasagne sheets
100g vegetarian Parmesan-style cheese, grated

For the white sauce

40g butter
40g plain flour
500ml full-fat milk
a pinch of freshly grated nutmeg

1 Heat the oil in a large pan, add the shallot and leek and sweat on a medium heat for three minutes. Add the celery, carrot, turnip, pumpkin, mushrooms, endive, garlic, herbs and black pepper. Stir in the tomatoes and stock, reduce the heat to minimum, then cover and cook for 1 ½ hours, stirring from time to time.

2 Heat the oven to 200C/400F/Gas 6.

3 To make the sauce, melt the butter in a pan, remove from the heat and whisk in the flour very quickly to avoid lumps, then gradually add the milk, whisking well. Return to the heat and cook on a medium heat for 3–4 minutes, whisking all the time until it begins to thicken. Remove, and stir in salt, pepper and nutmeg.

4 Grease an ovenproof dish, about 20x25cm, with butter and spread a little of the white sauce on the bottom. Arrange a layer of lasagne sheets on top, followed by some vegetable ragù, a little white sauce, and a sprinkling of grated Parmesan-style cheese.

Continue making layers like this until you have used all the ingredients, ending with white sauce and grated Parmesan-style cheese. Top with small knobs of butter. Cover with foil and bake in the oven for 20 minutes.

5 Remove the foil and cook for another 10 minutes to brown the top. Remove from the oven and leave to rest for five minutes before serving.

PER SERVING: 621 CALS, 38.7G FAT

MASTERCLASS

GENNARO'S CLASSIC VEGETABLE STOCK

Brodo di Verdure

Serves 4
Ready in 1 hr

- 1 onion, peeled • 1 courgette
- 1 carrot • 1 celery stalk with leaves
- 1 leek • 1 potato, peeled
- 2 cherry tomatoes • a handful of parsley, including stalks • 2 tbsp extra virgin olive oil • 1 tsp sea salt

1 Put all the ingredients in a large saucepan, add 1.5 lt water and bring to the boil. Reduce the heat, cover with a lid and simmer gently for 1 ¼ hours. Taste for seasoning and add more salt if necessary.

2 Remove from the heat and strain the broth through a fine sieve, pressing down well on the vegetables with the back of a spoon. Serve hot, or reheat, adding some small pasta shapes to cook in the broth if you like.

PER SERVING: 117 CALS, 7.56 FAT

LASAGNE WITH SLOW-COOKED
VEGETABLE RAGU

BOOKSHELF

Recipes taken from Gennaro Contaldo's
*Slow Cook Italian** (£13.60, Pavilion).
Photography by Laura Edwards.

*INCLUDES NON-VEGETARIAN CONTENT

THEO RANDALL'S Pastaclass

The top chef continues his series on the ultimate Italian dishes that every cook should have in their repertoire. This month, delicious spinach gnocchi



I first made Spinach Gnocchi when I started at the River Cafe. I used the brilliant recipe from Marcela Hazan's cookbook. It was a popular dish on the menu and was well suited as the original kitchen at the River Cafe was tiny so there was not much space to make a selection of different pastas.

Spinach Gnocchi is a really easy dish to make and now's the perfect time to make it as spinach is so fresh and green right now. Opt for a bunch variety that

has long, tender stems – find these bunches at good farmer's markets

and greengrocers. Once home, give it a really good wash, at least twice, and then trim the stems using scissors leaving at 4cm of the stem intact – it'll help the leaf hold together during the cooking process.

Blanch the spinach in plenty of salted boiling water and in small batches so it cooks evenly with a lovely texture. Once cooked, DO NOT run it under cold water as this dilutes the flavour and removes all the goodness. Just pop it in the colander and leave it to cool down naturally. Then, using a wooden spoon, press the spinach into the colander – this will remove the excess water while keeping the leaf nice and juicy. It may take longer, but trust me, it will taste so much better. There's nothing more delicious than a simple plate of blanched spinach dressed with good oil and a squeeze of lemon, and seasoned with sea salt and freshly ground black pepper.

ILLUSTRATION: LOUISE ABBOTT

SPINACH GNOCCHI

Serves 2, as a starter or for lunch
Ready in 30 mins



400g fresh spinach, washed thoroughly
150g fresh vegetarian ricotta
100g Parmesan-style cheese, freshly
grated, plus extra for serving

2 organic free-range egg yolks
75g tipo 00 flour
50g unsalted butter
4 sage leaves

1 Cook the spinach in a pan of boiling salted water just until the stems are soft. Drain in a colander. When cool enough to handle, squeeze out any excess water, then chop.

2 To make the gnocchi, put the spinach in a large bowl and add the ricotta, Parmesan-style, egg yolks and flour. Mix and season.

3 Using two tablespoons, take a walnut-sized piece of the gnocchi mix and scoop the spoons together to create an even oval shape like an egg (just as you do when shaping a quenelle). Tip the shaped gnocco on to a greaseproof-lined tray. Repeat until you have used all of the mixture. Place the tray in the fridge and chill for one hour.

4 Heat a frying pan, then add the butter and melt it. Add the sage leaves. Keep warm.

5 Bring a pot of salted water to the boil. Lower in the gnocchi carefully, reduce the heat and simmer gently until they rise to the surface. Take them out, a few at a time, with a slotted spoon and tap the spoon on a tea towel to absorb any excess water before placing them in the frying pan with the sage butter. Spoon the warm butter over them to coat all over.

6 Serve in pasta bowls with extra freshly grated Parmesan-style cheese and pepper.
PER SERVING: 733 CALS, 53.76 FAT



Potato-free gnocchi

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Summer SUCCOUR...

Revel in all the delicate, fresh flavours this season has to offer, including these showstopping alfresco recipes from fruit and vegetable obsessive **Matt Wilkinson**

HELLO
SUMMER!

PHOTO BY JACQUI MEVILLE



FOSSIE'S CHARRED CORN AND POTATO SALAD



Serves 2 as a main, or 4 as a side
Ready in 30 mins

1kg boiling (waxy) potatoes, such as pink fir, kipfler (fingerling) or small nicolas, peeled and roughly diced
2 corn cobs, husks removed
125g mayonnaise
1/4 tsp chipotle chilli powder
1 tbsp pickled jalapeno chillies, chopped
3 spring onions, chopped
1 small handful coriander, leaves picked, washed and chopped
juice of 1 lime

- 1 Place the potatoes in a pot and cover with water. Bring to the boil and cook for 5-7 minutes, or until tender when poked with a sharp knife. Drain and set aside.
- 2 Meanwhile, preheat a chargrill or barbecue to high. Toast the corn cobs until nicely browned all over, but not burnt (you could even toast them over a naked gas flame). It'll take a good 15-20 minutes to cook the cobs. Take off the heat, leave to cool a little, then slice off the kernels.
- 3 In a small mixing bowl, stir together the mayonnaise, chilli powder and jalapeno chilli.
- 4 Put the potato and corn in a mixing bowl, then stir in the mayo mixture. Add the rest of the ingredients and season with salt flakes and freshly ground black pepper. Mix together gently, then serve. This is the perfect barbecue salad or lunch.

PER SERVING (2 SERVINGS): 898 CALS, 49.7G FAT



ROASTED SWEET POTATOES WITH HOT RED TURKISH PEPPERS AND LABNEH



Serves 2 as a main, or 4 as a side
Ready in 40 mins

4 sweet potatoes (about 300-400g each (use the golden-skin variety), scrubbed
1 lemongrass stem, white part only, chopped
150ml rice wine vinegar
50g caster sugar
200ml rapeseed oil
2 French shallots, finely diced
120g hot Turkish red peppers or piquillo peppers, drained and sliced
150g labneh
1 handful coriander, leaves picked, washed and chopped
2 tbsp dukkah

MISO-GLAZED AUBERGINE



Serves 2 as a main, or 4 as a side
Ready in 1 hr

2 large aubergines, cut in half, then flesh scored all over in a crisscross pattern
rapeseed oil, for brushing
30ml mirin
2 tbsp yellow miso paste
1 tsp caster sugar
1 tsp Japanese chilli flakes (you can use the regular ones instead)
2 tsp sesame seeds, half of them lightly toasted for garnishing
20ml white sesame oil
1 tsp rice wine vinegar
2 spring onions, white and green bits separated, then thinly sliced
1 tsp pickled ginger (from a jar), finely chopped
300g organic silken tofu, cut into 12 portions

1 Preheat the oven to 190C/375F/ Gas 5. Place the aubergines on a large baking tray, skin side down, and brush with some canola oil. Cover the tray with foil and bake the aubergines for 40-60 minutes, or until a skewer can be inserted through easily.

2 Remove from the oven and leave until cool enough to handle. Being careful not to break the skin, scoop out the aubergine flesh, into a bowl. Place the aubergine shells on the baking tray, on their backs, ready to hold the filling.

3 Break up the aubergine flesh by mixing through the mirin, miso paste, sugar, chilli flakes, untoasted sesame seeds, sesame oil, rice wine vinegar, white spring onion bits and pickled ginger. Gently fold in the tofu. Spoon the mixture into the aubergine shells and bake for a further 10 minutes, until all glazed.

4 Lay the filled aubergines on serving plates. Sprinkle with the toasted sesame seeds and green spring onion bits. Serve warm.

PER SERVING (2 SERVINGS): 342 CALS, 29.2G FAT

1 Preheat the oven to 210C/410F/ Gas 6 ½. Place the sweet potatoes on a baking tray. Using a small sharp knife, stab each one through the skin a few times, but watch your fingers. Cover with foil and bake for 30-50 minutes, or until tender. (If you want a little cheat tip – first cook the sweet potatoes in the microwave for 12 minutes, then place in the hot oven for 8-10 minutes).

2 Meanwhile, in a small saucepan, bring the lemongrass, vinegar and sugar to the boil, then remove from the heat. Let steep until the sweet potatoes are cooked.

3 Arrange the cooked sweet potatoes on a serving plate and leave to cool a little. Strain the lemongrass-infused vinegar into a bowl, whisk in the rapeseed oil, then add the shallot.

4 Tear open the sweet potatoes and drizzle with a little lemongrass dressing. Top with the red peppers, then spoon the labneh all over. Dress with a little more dressing, then finish with the coriander, dressed in a little more of the dressing. Sprinkle with the dukkah and serve.

PER SERVING (2 SERVINGS): 1,868 CALS, 103.6G FAT

HELLO
SUMMER!

“You could add a few extra bits and bobs to this dish and you’ll have yourself a posh jacket potato for dinner or lunch... but for me, this is simply a great shared salad”



BOOKSHELF



Recipes taken from
**Mr Wilkinson's Simply
Dressed Salads*** by Matt
Wilkinson (£19.99, Hardie
Grant). Photography by
Jacqui Melville

*INCLUDES NON-VEGETARIAN CONTENT

HELLO
SUMMER!

ONE INGREDIENT, *Five Recipes*

Think beyond strawberries and cream this summer, with these recipe ideas making the most of the season's bounty

STRAWBERRY, TOMATO AND BASIL BRUSCHETTA



Makes 8
Ready in 20 mins

Drizzle **8 x 1cm slices of thick crusty bread** with **3 tbsp olive oil** and toast on both sides in a hot griddle pan. Remove from the pan and lightly rub with **2 sliced garlic cloves** and add a drizzle of olive oil. Divide **200g chopped strawberries** and **100g quartered cherry tomatoes** on top, then add a **few roughly torn basil leaves**. Drizzle with **olive oil** and season with **salt and pepper**.

STRAWBERRIES WITH MINT AND BALSAMIC SORBET



Serves 4
Prep 45 mins, plus freezing time

Place **150g golden caster sugar** and **500ml water** into a small saucepan over a low heat, stirring until the sugar is dissolved. Bring the syrup to a boil without stirring. Reduce the heat for about 3 mins. Remove from the heat and cool completely. Blend the cooled sugar syrup with **50g mint leaves** and **1 tbsp balsamic vinegar**. Strain through a sieve into a freeze-proof container and freeze for 2 hours. Remove and stir vigorously to break up crystals. Freeze again. Continue to break up ice crystals using this method every hour for 6 hours, then leave in freezer until hard.

Combine **350g hulled and quartered strawberries**, **2 tbsp balsamic vinegar** and extra **mint leaves** and leave to marinate for 30 mins at room temperature. When ready to serve, remove sorbet from freezer for 10 mins to soften. Divide strawberries with juice between 4 serving glasses, top each with scoop of sorbet and mint leaf.

CARAMELISED RED ONION AND GOAT'S CHEESE TARTS WITH STRAWBERRY COMPOTE AND ROCKET SALAD



Makes 6
Ready in 1 hr and 10 mins

Put **2 baking sheets lined with baking paper** in the oven to 200C/400F/Gas 6. Heat **1 tbsp olive oil** in a large pan, then soften **2 sliced red onions** for 5 mins. Turn up heat and add **1 tbsp brown sugar** and **1 tbsp balsamic vinegar**. Bring to boil, then simmer for 5 mins. Leave to cool then season to taste. Roll out **375g ready rolled puff pastry** and cut into 4 equal sized rectangles. Lift onto hot baking sheet, prick pastry with fork, then place **3 red onion segments** onto each, leaving 1.5cm border along the edge. Crumble a few pieces of **vegetarian goat's cheese** and top with a **rosemary sprig**. Brush the edges of the pastry with **1 lightly beaten egg yolk** then chill. Bake for 20 mins. Meanwhile make the strawberry compote by adding **200g strawberries hulled and cut into quarters**, **1tbsp balsamic vinegar**

and sugar into a pan and simmer for a few mins. Add **50ml red wine** and simmer for five mins. Serve tarts with **little rocket salad** and spoonful of strawberry compote.

STRAWBERRY AND COCONUT ICE LOLLIES



Makes about 8 lollies
Prep 20 mins, plus freezing time

Purée **200g strawberries** with **3 tbsp icing sugar**. Remove and sieve to lose seeds. In a large jug, mix strawberry purée with **400g coconut yoghurt** and fill **1-2 ice lolly moulds**. Slice **200g strawberries** and divide between the moulds, pushing them down so they are distributed throughout the lolly. Push in lolly sticks and freeze for 4 hours.

STRAWBERRY, AVOCADO AND SPINACH SALAD



Serves 2
Ready in 20 mins

Make a dressing by adding **1 tsp poppy seeds**, **50g Greek yoghurt**, **1 tbsp olive oil**, **½ tbsp white wine vinegar** and a **pinch of sugar** together in a jar, close with a lid and shake well. When ready to serve, place **150g sliced strawberries**, **large handful of young leaf spinach** and **½ avocado sliced** into a large bowl, and toss with the dressing.

fair trade

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THE BAKE SALE GAME

Everyone needs a couple of crowd-pleasing cake recipes under their belt, so we asked food writer **Lucy Cufflin** and her army of testers for their pick of the most popular cake sale bakes for you to enjoy...



BANOFFEE CUPCAKES



Makes 10 cupcakes

Ready in 35 mins

4 ripe bananas
250g butter, at room temperature
200g demerara (raw) sugar
2 free-range eggs
225g self-raising flour, sifted
397g can condensed milk caramel
200g icing sugar, sifted
100g dark chocolate, grated

1 Preheat the oven to 180C/350F/Gas 4. Line a muffin tin with cases.
2 Put the bananas in a mixing bowl and mash them with a fork. Add half the butter and sugar and beat well until smoothish. Add the eggs, beat again,

then using a metal spoon fold in the flour.

3 Fill the muffin cases half-way up with the mixture.

4 Open the can of caramelised condensed milk and put a teaspoon of the caramel into the centre of each cupcake (reserve a third of the caramel for the topping). Then cover with more mixture so the condensed milk is sealed by cake mix all round. The mixture should now be three-quarters of the way up the cake cases.

5 Bake for 20 minutes or until springy to the touch. Cool on a wire rack.

6 Beat the rest of the caramelised condensed milk, the remaining butter and the icing sugar together to make the topping and pile it or pipe it onto the top of the cakes.

7 Sprinkle with the grated chocolate to decorate.

PER CUPCAKE: 658 CALS, 28.4G FAT



“These are tooth-curlingly sweet with a cunning caramel centre – but bananas, caramel and chocolate – what’s not to like? You can buy condensed milk caramel or you can make it yourself. Simply put a can of sweetened condensed milk unopened in a deep saucepan and cover with water. Put on a lid, bring to the boil, reduce the heat and simmer for one hour. Leave to cool in the pan for later. You can do several cans at once and store them in the cupboard for up to six months”



WHAT THE TESTERS SAID

**ANNETTE
MEEKCOMS**

“These were sweet and sticky and the children ate them all!”

KERRY GREGORY

“These were rich, but my friends and I polished them off one lunchtime. The banana cake would be great as a stand-alone cake too.”

BEN COLEBY

“I made this as a 20cm (8 in) round cake but did not put the caramel into the raw cake mix. I cut it in half when cooked and filled it with the caramel – I did not top with butter cream but it was delicious and sweet even so. I am very new to baking but it worked for me!”

COOK'S TIP

Make sure your bananas are really ripe to get the full flavour and texture for this cake.

DAIM & WHITE CHOCOLATE TRAYBAKE



Makes 16 bars
Ready in 40 mins

60g butter, at room temperature
125g caster (superfine) sugar
1 free-range egg
5g vanilla extract
175g self-raising flour
4 x 28g Daim bars, chopped
250g white chocolate, chopped
125g mascarpone cheese

- 1 Preheat the oven to 180C/350F/ Gas 4. Line a 20 cm (8 in) square baking tin with baking paper.
- 2 Beat the butter and sugar together in a mixing bowl until creamy, then add

the egg and vanilla and beat well.

3 Add the flour and stir in with two of the chopped Daim bars. Mix well and press into the lined tin. Use a spatula to get all the mix out of the bowl then you can use the bowl for the topping without washing it.

4 Bake for 20-25 minutes or until golden on the top. Remove from the oven and allow it to get completely cold in the tin.

5 Put the white chocolate into the same mixing bowl and place it over a pan of boiling water until melted. Remove the bowl from the pan and allow to cool for five minutes (this is important).

6 Beat in the mascarpone cheese. It will become a thick, white goo. Spread this over the cold base and scatter the rest of the Daim bars over. Chill in the fridge to set before cutting into squares. Store in an airtight container for a week or two.

PER SERVING: 263 CALS, 15.1G FAT

“I worked in Sweden for a year in the 80s – that was before the UK had its own Ikea and most Brits had not tasted a Daim bar. I bought one in Ikea in Stockholm and have been in love with them ever since. A word of warning – this recipe is super-sweet!”



WHAT THE TESTERS SAID

KERRY GREGORY

“If you love Daims you will love these. They are a great treat. I might try it with very dark chocolate chips in place of the Daim next time.”

SARITA KATTOJU AND ROHIT PABLA

“Gosh these are sweet – good sweet though. We would make them again as a special treat.”

CLAIRE VAN DIJK

“A great combo with mascarpone as part of the icing – it makes for a really thick topping. I also made a batch using milk chocolate instead of white, which also worked well, but the Daim bar did not show up so much on the top.”



Recipes taken from Lucy Cufflin's *Lucy's Bakes* (£20, Hardie Grant). Photography Jacqui Melville.



WHAT THE TESTERS SAID

KERRY GREGORY

"These are very, very easy and very, very tasty."

JOVANKA BJELIC

"Oh my goodness – they did not last long in our house."

SARITA KATTOJU
AND ROHIT PABLA

"Rohit made these with me – so simple and we both agreed a great treat to keep in the biscuit tin!"

COOK'S TIP

To change these up a bit, try adding extra nuts or dried fruit.

PEANUT BUTTER CRISPY SQUARES



Makes 16

Ready in 10 mins

40g butter
250g vegetarian marshmallows
200g peanut butter
250g puffed rice cereal
50g salted peanuts, chopped

1 Line a 20 cm (8 in) square baking tin with a double layer of clingfilm.

2 Melt the butter, vegetarian marshmallows and peanut butter together in a large saucepan, stirring.

3 Add the cereal and peanuts and

thoroughly mix together so they are totally covered in the marshmallow mix.

4 Press into the prepared tin and chill until set. Cut into squares. Store in an airtight container for up to a week or so.

PER SERVING: 222 CALS, 10.26 FAT



Cook it **TONIGHT**

Take your tastebuds on tour with these vegan dishes. There's one for every day of the week

CHOCOLATE SMOKY TOFU MOLE IN TACOS



Serves 4

Ready in 50 mins

2 ½ tbsp olive oil
1 onion, diced
3 garlic cloves, very finely chopped
60g vegan dark chocolate
350g tomatoes, left whole
1 tsp ground cumin
½ tsp ground cinnamon
¼ tsp ground allspice
2 dried ancho chillies
2 dried chipotle chillies
2 tbsp vegan vegetable stock powder
170g blanched or ground almonds
2 tbsp agave nectar
400g firm smoked tofu, drained
and cut into 2.5cm cubes
1 pack of young leeks or spring
onions, trimmed
14 corn tortillas
sea salt

To serve

slices of avocado
a handful of alfalfa sprouts
sprigs of coriander
lime wedges

1 Heat the oil in a pan and fry the onion and garlic until soft, then add the chocolate, tomatoes, cumin, cinnamon and allspice. Cook slowly over a low-medium heat for 15-20 minutes.

2 Meanwhile, split all the dried chillies and empty out the seeds, then toast skin in a dry frying pan until soft. Place in a half-litre heatproof jug with the vegetable stock powder. Fill up with boiling water and leave to soak for 10 minutes, stirring once or twice.

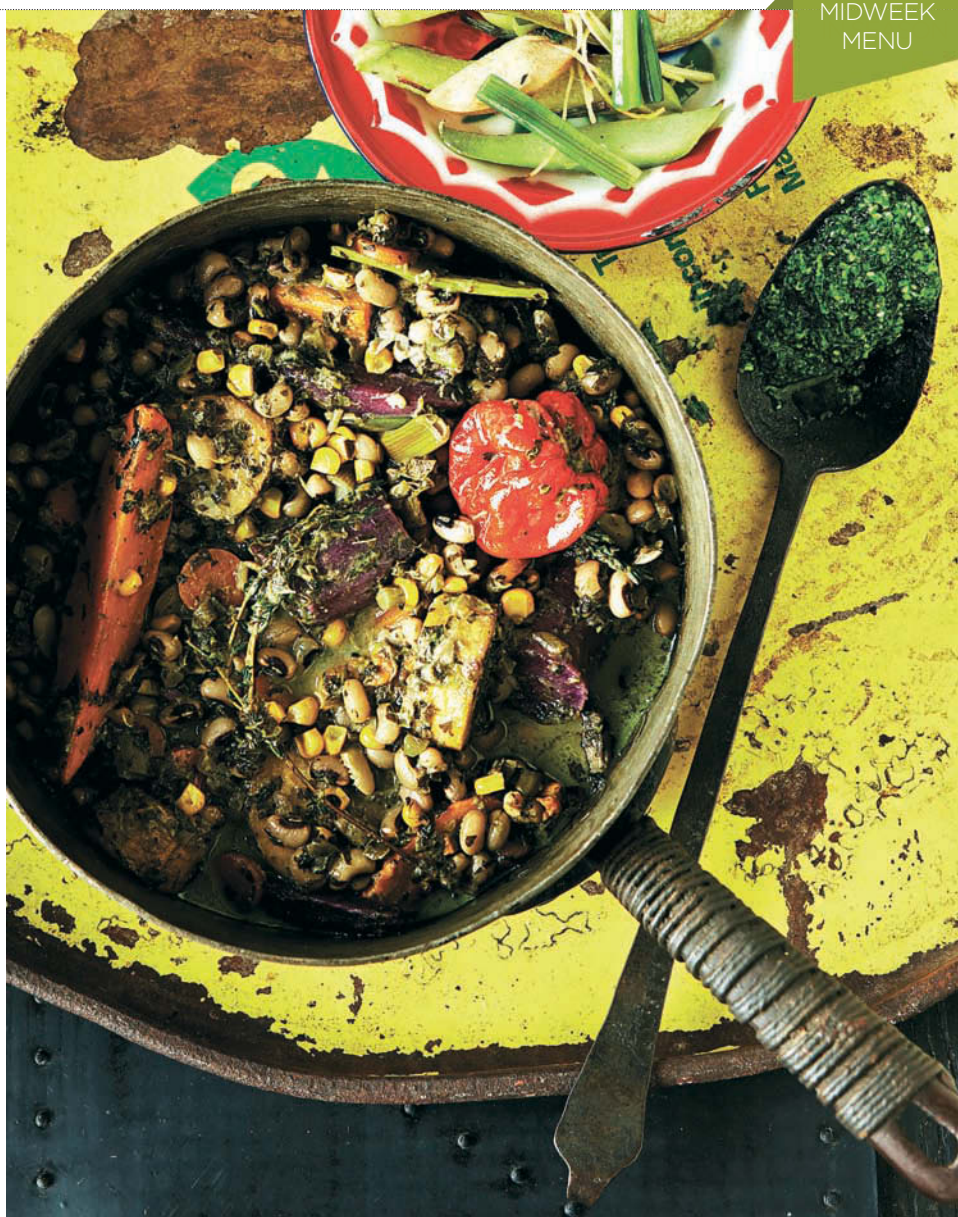
3 Put the almonds, the chilli and stock mixture, the cooked sauce, agave nectar and one teaspoon of salt in a blender. Starting on a low speed, process together, increasing the speed as you go, until smooth. Transfer the sauce to a wide frying pan.

4 Add the tofu cubes to the sauce and poach until the tofu expands slightly.

5 Fry the young leeks or spring onions until soft and slightly blackened around the edges (this makes them sweet).

6 Place some of the tofu pieces and the chocolate mole in the tacos and fold so that the opening is upwards. Tuck in a leek or spring onion and a few avocado slices. Top with alfalfa sprouts, the young leaves and coriander. Season with salt and lime juice.

PER SERVING: 1,066 CALS, 57.2G FAT



ITAL STEW



Serves 6

Ready in 50 mins

3 tbsp coconut oil
4 spring onions, chopped into 5cm lengths
3 garlic cloves, very finely chopped
10 allspice berries
3 carrots, peeled and finely sliced into rounds
1 ripe plantain, peeled and cut into 2cm slices
400g tin of black-eyed beans, drained
400ml tin of coconut milk
500ml vegetable stock
540g tin of callaloo
1kg pumpkin, cut into thick slices
2 sweet potatoes, peeled and cut into quarters
2 fresh corn cobs, shucked

1 small, sturdy Scotch bonnet

3 sprigs of thyme

sea salt

a handful of chopped coriander,
to garnish

1 Heat the coconut oil in a large, heavy-bottomed saucepan, add the spring onions and garlic and fry until soft, then add the pimento berries, carrots and plantain. Stir, then add the black-eyed beans. Continue to cook over a low heat for 10 minutes, then add the coconut milk and vegetable stock, followed by the callaloo, pumpkin, sweet potatoes, sweetcorn and thyme.

2 Add salt to taste and cook over a low heat for about 30-40 minutes or until the potatoes are soft enough to pierce with a fork. About 15 minutes before the end of cooking, add the whole Scotch bonnet. Check the seasoning before serving, garnished with coriander.

PER SERVING: 493 CALS, 28.5G FAT

RAMEN HACKS



Serves 1

Ready in 10 mins

1 packet of ramen
boiling water
2 tbsp miso

For the flavouring, add one or more

1 tbsp sesame oil
1 tbsp soy sauce
½ tsp finely chopped garlic
2cm piece of ginger, peeled
and very finely chopped
½ tsp Sichuan
peppercorns, ground
1 tbsp black bean sauce
squeeze of lime

**For the flavouring,
add one or more a
small handful of
shredded Chinese
cabbage**

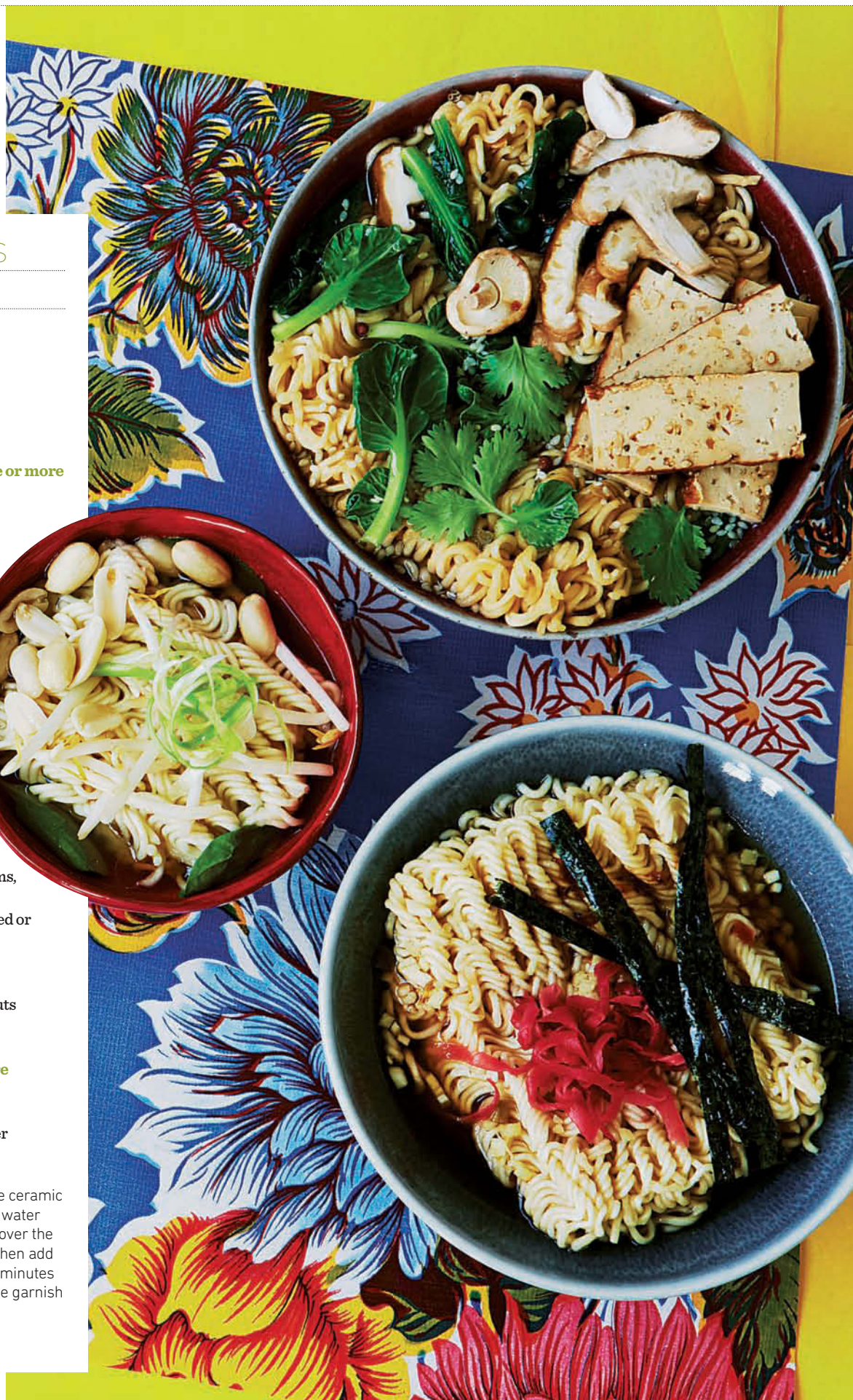
2-3 stalks of Chinese
greens, such as bok choy
4-5 baby spinach leaves
a handful of sliced mushrooms,
such as shiitake
3-4 slices of tofu, firm, smoked or
silken
1 tbsp peanuts
5-6 strips of nori seaweed
a small handful of bean sprouts
2-3 spring onions, chopped

**To garnish, add one or more
of these garnishes**

a handful of coriander leaves
a large pinch of pickled ginger
1 tbsp sesame seeds

1 Place the ramen into a large ceramic
or wooden bowl. Pour boiling water
onto the miso, then pour this over the
ramen. Add the flavourings. Then add
the toppings. Leave for a few minutes
until the ramen is soft. Add the garnish
and serve.

PER SERVING: 724 CALS, 28.5G FAT



MASTERCLASS

PEPERONATA

Serves 2-4
Ready in 1 hr

- 100ml olive oil • 7 Romano peppers
 • 1 yellow pepper • 1 onion, sliced
 • 3 garlic cloves, finely chopped
 • 1 tsp sweet smoked paprika
 • 1 tbsp each chopped marjoram and oregano • 2 bay leaves • glug of verjuice • 2 tbsp drained capers
 • 1 tbsp drained pickled green
 • 1 tsp sea salt

1 Preheat the oven to 180C/375F/Gas 4. Oil a baking tray with some of the oil. Put all the peppers on it whole, toss in more oil and roast for 15-20 minutes.

Take them out, strip off the skins, remove the stalks and seeds and cut the flesh into 2cm strips. Pour any tasty oil from the tray into a heavy, ovenproof pan with a lid and add more olive oil. Add the onion and sweat, without letting it burn; it should be soft. Add the garlic, paprika, salt, the herbs and verjuice.

2 Add the pepper strips. Put the lid on and cook in the oven for 45 minutes. The peppers should be soft and sweet.

Add the capers and peppercorns, if using, check the seasoning and serve warm or cold.

PER SERVING: 283 CALS, 24.16 FAT

THREE-TOPPING
POLENTA PARTY

Serves 5

Ready in 50 mins

- 2.25 litres water
 1 tbsp sea salt
 500g fine polenta
 50ml olive oil

For the toppings

a few spoonfuls of Peperonata, see Masterclass
 artichokes in oil
 grilled fennel slices

1 Boil the water in a large, good-quality, heavy-bottomed saucepan (you don't want a thin bottom on your cookware anyway). Add the salt and then the polenta. Keep stirring. With the slow-cook polenta, it can take 90 minutes. You want a nice, thick soupy polenta that you can spoon onto a wooden board; not too thick but not so thin that it runs off the board.

2 Spoon the polenta onto the board and spread it out. Drizzle with the olive oil and add the warmed toppings in stripes on top. Serve by giving everyone a spoon to help themselves.

PER SERVING: 656 CALS, 30.56 FAT

TOFU SHAKSHOUKA



Serves 2

Ready in 40 mins

- glug of olive oil
 half a dozen cherry tomatoes, cut in half
 1 red pepper, cut into strips
 5 spring onions, chopped into rounds, plus extra, sliced lengthways, to garnish
 5 garlic cloves, cut into slivers
 400g tin of chopped tomatoes
 1 tbsp sweet paprika
 1 tbsp freshly ground coriander seeds
 1 tsp ground cumin
 a few saffron strands
 1 tsp dried chilli flakes, or more, to taste
 sea salt, to taste
 400g silken tofu, drained and cubed

To serve

scoop of soya yoghurt
 warm pitta bread

1 Heat the oil in a good-quality frying pan, ideally non-stick. Then add the cherry tomatoes and the red pepper strips and fry until golden. Add the spring onions and fry for a few minutes.

2 Add the garlic, tomatoes, paprika, ground coriander, cumin, saffron, chilli flakes and salt. Stir briefly to combine. Now add the tofu but don't stir, otherwise you might break it up. Leave to cook over a medium-high heat for 20-30 minutes until all the tomatoes seem cooked through and the tofu has sort of poached into a silky wobbliness but still retains a cube-like shape. Add some more water or tomato liquid if the mixture becomes too dry.

3 Serve with soya yoghurt and warm pitta breads.

PER SERVING: 424 CALS, 21.16 FAT

BOOKSHELF



Recipes taken from
Is for Vegan by
 Kerstin Rodgers
 (£20, Quadrille).



Eat well LIVE WELL



Chef says...

"A busy life doesn't have to mean a sugary snack or a takeaway. Great food can often be made in minutes and using only four or five ingredients"

Rachel Allen,
AUTHOR AND TV CHEF, WWW.RACHELALLEN.COM

The healthiest pizza you've ever made and some guilt-free snacks



CAULIFLOWER FLATBREAD PIZZA



Serves 2-4

Ready in 30 mins, plus 20 mins draining

★ 900g cauliflower ★ 1 free-range egg ★ 700ml water ★ 120g goat's cheese ★ 2 tsp dried oregano ★ 1 tsp dried basil ★ ½ tsp sea salt

- 1 Preheat the oven to 200C/400F/Gas 6 and line a baking sheet with parchment paper.
- 2 Pulse the cauliflower into 'rice' in a food processor. Transfer it to a large stockpot, then pour in the water and bring to a boil. Lower the heat and cover, allowing the cauliflower to steam until very tender, about ten minutes. Drain the cooked cauliflower in a fine-mesh strainer and cool for about 20 minutes. Next, pour into the centre of a dish towel, then twist it up and hands firmly wring out moisture.
- 3 Place the cauliflower pulp in a large mixing bowl and mix in the egg, soft goat's cheese, oregano, basil and salt, stirring well to combine.
- 4 Transfer the cauliflower to the mixture to the baking sheet and use your hand to press the crust firmly into a large circular or rectangular crust, about ¼ inch thick. Be sure to pack the cauliflower mixture together firmly and evenly leaving no thin spots where the crust may crack.
- 5 Bake for 30 minutes, until the top is dry and golden, then carefully flip the crust over and bake for another 10 minutes and serve with a green salad.

Recipe taken from *Everyday Detox* by Megan Gilmore (£16.99, Random House)

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FRESH FROM THE OCEAN

Man has been eating seaweed for centuries and it has remained hugely popular across parts of Asia, but despite the UK's abundant coast, only a tiny amount has been grown or eaten here – until now!

As vegetarians we are naturally in awe of green foods; whether it be the scrumptious kale or spinach we add to our salads and smoothies or the summer's bounty of fresh peas, we can always find room for more greens to adorn our plate! Veggies are also notoriously healthy and taste conscious foodies – we're constantly on the lookout for the newest nutritional flavours which can liven up a lacklustre dinner. That's why many are cottoning on to the versatile and flavoursome appeal of seaweed.

Sea Sustenance

Incorporating seaweed into your diet will provide you with a broad range of vitamins, minerals and trace elements. Some species even provide more calcium than milk and more iron than beef! Top chefs and restaurateurs are also beginning to use seaweed extensively in their menus; from Jamie Oliver's Fifteen restaurant in Cornwall to the Michelin-starred Three Chimneys in Skye, seaweed is being harvested specifically for revered restaurants across the nation, with some menus placing sea vegetables as their star ingredient.

Parting the Seaweed

With 650 edible varieties of seaweed growing along the UK's coastline, husband and wife team and self-confessed seaweed fanatics, Robert and Stefani, felt the time was right to spread the seaweed message and thus created www.seaweedheaven.uk. You can find sustainably hand-harvested wild seaweeds which are not just ludicrously tasty and nutritious, but also boast a low-carbon footprint which benefits marine conservation and the environment.

With a vast array of seaweed products to choose from, informative articles and jam-packed full of healthy recipes, **SeaweedHeaven.uk** is your one-stop-shop for all sea vegetable needs! For example, sea vegetables contain between ten and twenty times the minerals of land vegetables,

supplying both calcium, iron, potassium, iodine and magnesium, and the lesser so-called 'trace minerals', for which our requirements may be minimal but without them certain body functions are unable to perform!

SUSHI NORI ROLLS



Makes 4 rolls; Ready in 1 hour

Soak **125g of sushi rice** in **170ml of cold water** for 30 minutes. Add the rice and water to a saucepan, bring to a boil and simmer with the lid on for 10-12 minutes. Remove from the heat and leave it to steam for 10 minutes. If you are using brown sushi rice use 250ml of water and simmer for 40 minutes. Gently fold **1 tbsp Clearspring Sushi Rice Seasoning** (made of sweet Mirin, Brown Rice Vinegar and Soy Sauce) into the rice. If your nori is not pre-toasted, toast the **sheet of nori** by holding it horizontally 5cm above a gas flame and rotate it for a few seconds. Place the toasted nori on a bamboo sushi mat with the striping of the

mat running from left to right. Spread the rice evenly on the nori, leaving a clear 4cm gap at the top and 1cm at the bottom. Firmly press the rice into the nori. You will learn the correct quantity of rice to use through experience; initially build the rice to about 1cm high. Gently spread a thin layer of **umeboshi paste** (optional) and **wasabi** over the rice. Place a few **cooked carrot** and **cucumber strips** horizontally along it and add any other fillings. For added zest, place a few **slices of sushi ginger** on the top from left to right. From the bottom, start rolling up the sushi mat around the ingredients. Whilst rolling slowly, pull the leading edge of the mat back so it does not roll into the sushi. Continue rolling until the uncovered end of the nori is reached. Just before reaching the end of the nori, add a few drops of water to the still exposed nori to seal the roll. When sealed, fully wrap the mat around the sushi to ensure a tight roll. With a sharp knife, trim the ends of the roll then slice it into pieces of the size you desire.

All ingredients available from www.seaweedheaven.uk



To learn more about the benefits of sea vegetables and tips to use the coveted ingredient in your dinner plans, visit www.seaweedheaven.uk



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Seasonal Sensations!

Make the most of summer's veg with these easy and inspiring dinners



COURGETTE KUKU



Serves 4

Ready in 25 mins

Mix **1/4 tsp each of turmeric, nutmeg, ground cumin, ground coriander and ground ginger** in a small bowl. Heat **2 tbsp oil** in a large heavy-based frying pan and fry **1 finely chopped red onion** for 5 minutes to soften. Add **2 crushed garlic cloves**, the spices and **500g sliced courgettes** and fry for 2 minutes. Stir in **2 tbsp chopped chives** and **2 tbsp chopped parsley** and season with **salt and pepper**. Whisk **6 free-range eggs** with **100ml milk** and pour over the top and cook slowly for a few minutes. Finish under a medium grill or in the oven until set all the way through.

“This crowd pleasing recipe is simply delicious and doesn’t take you long to knock up!”

RECIPES FROM RIVERFORD COOK KIRSTY HALE AND WWW.RIVERFORD.CO.UK

SPINACH, RICOTTA AND HERB CHEESECAKE



Serves 6

Ready in 1 hr

Preheat oven to **160C/325F/Gas 3**. Grease a Victoria sponge-size cake tin well with butter. Blitz **125g toasted walnuts** to a crumb in a food processor and press around the base and sides. Heat **1 tbsp oil** in a pan, add **2 finely chopped spring onions** and **2 crushed garlic cloves** and fry for 1 minute. Add **300g roughly chopped spinach with stalks removed** and fry gently for 3 minutes, until wilted. Put the spinach mixture, **3 free-range eggs**, **500g ricotta**, **50g vegetarian Parmesan-style cheese** and herbs into a food processor, season with **salt and pepper** and pulse until combined. Bake for approximately 45 minutes until set. Remove, leave to cool slightly, then serve with a few vegetarian Parmesan-style shavings and a **small handful of parsley, basil and dill sprigs**.

BAKED POTATOES WITH CHEESY KALE FILLING



Serves 8

Ready in 1 hr 20 mins

Preheat the oven to **200C/400F/Gas 6**. Put **4 baking potatoes** in a dish and prick a few times with a sharp knife. Rub the potatoes with a little **olive oil** and sprinkle over some **sea salt**, to help the skin crisp up. Bake for approximately **1 1/2 hours**, more or less, depending on size of your potatoes, until the insides are tender and outsides are crispy. While the potatoes are cooking, boil **50g curly kale** for 4 minutes. Drain, refresh in a bowl of ice cold water, drain again, then pick the leaves away from the stems and chop the leaves. When cooked, remove the potatoes from the oven. Leave until just cool enough to handle, then slice off the tops. Using a teaspoon, scoop out most of the insides. Mash in a bowl, adding **110g strong grated Cheddar** and chopped kale. Season with **salt and pepper** and spoon the mixture back into the potatoes. Sprinkle **40g strong grated Cheddar** and bake for another 15-20 minutes, until golden and bubbling.

CHERRY TOMATO TARTE TATIN



Serves 2-4

Ready in 40 mins

Heat **1 tbsp olive oil** and **40g butter** in a 23cm ovenproof frying pan. Add **1 tsp caster sugar** and **1 tbsp balsamic vinegar** and season with **salt and pepper**. Put **1/2 whole head of garlic (cut in half crossways)** in the middle and scatter over **4 sprigs of fresh marjoram** and arrange **250g cherry tomatoes (cut in half through the middle)** cut side down around the garlic. Cook for 5 minutes and then sprinkle over **1 tbsp dry breadcrumbs**. Take **320g sheet all-butter puff pastry**, rolled out to 3-4mm thick, and cut to the same size as pan, lay it over the top of the tomatoes and tuck in edges, then brush with **1 free-range beaten egg**. Bake in the oven at **220C/425F/Gas 7** for 20 minutes. Remove and leave to sit for 5 minutes. Run a knife along the edge of pastry to loosen, place a plate over top and tip it out. Cut in to slices, squeezing out the garlic to spread over the tarte.

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Simple...isn't it?

SHAKE UP YOUR WAKE UP!



Start as you mean to go on with a sensational breakfast from food writer **Rosie Birkett**



COCONUT AND ALMOND GRANOLA



Makes 750g (enough to fill a jar)
Ready in 30 mins

350g organic gluten-free jumbo oats
1 tsp chia seeds (available from most health-food stores)
80g pumpkin seeds
15g sunflower seeds
150g flaked almonds
50g desiccated coconut
1 1/2 tsp mixed sweet ground spices such as ground cinnamon, ginger and nutmeg
4 tbsp coconut oil (available from most health-food stores), melted
4 tbsp maple syrup
60g sultanas

1 Preheat the oven to 180C/350F/ Gas 4. Line a baking or roasting tray with baking paper.

2 Put the oats, seeds, almonds, coconut and spices in a large mixing bowl. Pour over the melted coconut oil and maple syrup, and stir or mix with your hands until the oil and syrup are well incorporated. Spread the mixture out on the roasting tray in an even layer and bake for 15-20 minutes, stirring occasionally, until the oats and almonds take on a deep golden colour and crisp up. Remove from the oven and leave to cool for a few minutes before adding the sultanas. Leave to cool completely then store in a sealed container for up to one month.

PER SERVING (150G): 784 CALS, 47G

MASTERCLASS

AVOCADO CREAM

Makes enough for 10 pancakes

- 1 very ripe avocado • ½ shallot
- 1 tbsp lime juice, or to taste
- pinch of red chilli flakes
- 1 tbsp tahini
- salt and freshly ground black pepper

1 Blitz the avocado flesh, shallot, lime juice, chilli flakes and tahini in a food processor and blend until you have a smooth cream. Scrape out of the food processor, and into a bowl, and season to taste.

PER BATCH: 395 CALS, 38.1G FAT



KALE AND CORIANDER PANCAKES



Makes 8-10 pancakes
Ready in 50 mins

For the Slow-roasted Tomatoes

2 large tomatoes, sliced into rounds,
or 8 cherry tomatoes, halved
olive oil, for greasing and drizzling
sea salt and freshly ground
black pepper
3 sprigs fresh thyme, leaves picked

For the Kale Pancakes

100g organic plain white
(all-purpose) flour
½ tsp baking powder
grated zest of 1 lime
1 tsp garlic granules
1 tsp ground cumin

1 tsp sea salt
freshly ground black pepper
2 large kale leaves, washed and
stems removed
35g coriander leaves and stalks
100ml milk
1 free-range egg, beaten
1 tbsp olive oil
rapeseed oil, for frying

To serve

avocado cream (see Masterclass)

1 Start by making the slow-roasted tomatoes. Preheat the oven to 160C/320F/Gas 3. Place the tomato slices or halves on a greased baking tray or enamel plate, then drizzle with olive oil, season with salt and pepper, and scatter over the thyme leaves. Roast for 25-30 minutes, until they have

softened and slightly shrivelled.

2 While the tomatoes are roasting, make the pancake batter. Put the flour, baking powder, lime zest, spices, and salt and pepper into a mixing bowl. Blitz the kale leaves and coriander in a food processor until very finely chopped. Combine the milk, egg, olive oil, chopped kale and coriander in another bowl or jug. Pour the liquid ingredients into the flour mixture and whisk with a fork or balloon whisk, adding one tablespoon of cold water to the batter to loosen it, if necessary – you want it about the consistency of double (heavy) cream. Leave to rest while you make the avocado cream, and remove the tomatoes from the oven.

3 To make the pancakes, dig out your best medium-sized non-stick frying pan and a silicone brush or spatula. Pour about one tablespoon of rapeseed oil onto a small plate and brush your pan with the oil. Heat the pan over a high heat until stinking hot, then spoon about half a ladleful of the pancake mixture into the pan. Swirl the pan in a circular motion to evenly distribute the mixture – you're aiming for small, thick, American-style pancakes. Cook for 2-3 minutes and then shake the pan. When the pancake comes away from the bottom easily, flip it over and cook on the other side for two minutes, until golden. Transfer to a plate and cover with foil to keep warm. Repeat the process with the rest of the pancake mixture, keeping the cooked pancakes warm.

4 Divide the pancakes between two plates and serve topped with the slow-roasted tomatoes and avocado cream.

PER PANCAKE (10 PANCAKES): 132 CALS, 8.9G FAT

BRILLIANT BREKKIES

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Spoil yourself with this tasty granola that's made with superfood yacon syrup.

MASTERCLASS

CHIPOTLE SALSA

Make 1 small jar/bowl
Ready in 15 mins

- 2 dried chipotle chillies • pinch of salt • ½ white onion, cut in half
- 3 ripe tomatoes, halved
- 2 fat garlic cloves, bashed but left whole
- squeeze of lime juice
- olive oil

1 Place the dried chillies in a heatproof bowl and add about 300 ml (10 fl oz) boiling water. Leave for about 10 minutes to rehydrate, until soft all the way through. Place a griddle pan over a medium-high heat until really hot, dust with salt and then place the onion, tomatoes and garlic on it.

2 Cook, turning occasionally, until the tomatoes and onion are soft (you might need to remove the garlic a bit earlier to avoid it burning) and the tomato skins are blackening.

3 Drain the chipotles, reserving about two tablespoons of their rehydration liquid, and put them into a blender or food processor, along with the other ingredients, and blend until you have a smooth salsa. Add a splash of olive oil and blend once more. The salsa will keep for up to four days in the fridge in an airtight container.

PER BATCH: 112 CALS, 5.26 FAT

GUACAMOLE BREAD WITH FRIED EGGS WITH CHIPOTLE SALSA



Serves 4-6

Ready in 45 mins

120g polenta
1 tsp sea salt
1 tsp muscovado sugar
½ tsp baking powder
pinch of cayenne pepper
pinch of ground cumin
¼ tsp red chilli flakes
pinch of hot smoked paprika
4 tbsp olive oil, plus extra for greasing
large handful of coriander leaves
1 garlic clove, peeled
30g butter, melted and cooled



*INCLUDES NON-VEGETARIAN CONTENT

BOOKSHELF

Recipes taken from Rosie Birkett's *A Lot on Her Plate** (£16.59, Hardie Grant).

100ml whole milk
juice of 1 lime
1 free-range egg, beaten
2 large, very ripe avocados, stoned,
1 cut into small cubes, 1 sliced
1 red onion, ½ diced, ½ sliced
1 large tomato, diced

To serve

4-6 free-range eggs
Chipotle Salsa (see Masterclass)

1 Preheat the oven to 220C/425F/Gas 7. Grease a high-sided ovenproof dish, ovenproof frying pan or high-sided baking tray and pop it in the oven until it's stinking hot.

2 Place the polenta, salt, sugar, baking powder, spices, chilli flakes and paprika in a bowl and mix to combine.

3 Make a herb oil by whizzing the oil with the coriander and garlic in a mini-

chopper or pounding together in a pestle and mortar.

4 In a separate bowl, whisk together the melted butter, milk, herb oil, lime juice and egg. Pour the liquid ingredients into the polenta mixture and stir. Fold through the cubed avocado, diced red onion and tomato. Check the consistency of the mix and add a little water if you need to. Remove the hot dish from the oven and pour the mixture in, topping it with the sliced avocado and sliced red onion. Turn the oven temperature down to 200C/400F/Gas 6 and bake for 20-25 minutes, checking it's not burning (cover the dish with foil if it is beginning to burn), until puffed and golden. Remove from the oven and leave to cool.

5 Fry 4-6 eggs and serve with the bread and Chipotle Salsa on the side.

PER SERVING: 328 CALS, 24.66 FAT

The New Superfood Menu

Calorie sparse and nutrient-rich, these summertime hero dishes are packed full of flavour

Julie Montagu, author of *Superfood* (£18.99, Quadrille) has a healthy eating style we can all adopt – add more superfoods and you won't have enough room for the unhealthy stuff! Her approach is flexible, so if you're exhausted at the end of the day there's nothing wrong with picking up a vegetarian curry sauce, just balance it out with foods that are natural – like the three delicious recipes!

BEETROOT, BLACK RICE AND PEAR WRAPS



Serves 4

Ready in 45 mins

4 wholewheat tortillas
2 large romaine lettuce leaves, torn in half
1 large pear, grated
sea salt

For the beetroot paste

2 cooked beetroot, roughly chopped
1 garlic clove, crushed
small handful of fresh coriander
small handful of fresh flat-leaf parsley
35g walnuts
1 tsp coconut oil
2 tsp apple cider vinegar

For the black rice

240ml water
100g black rice

$\frac{1}{2}$ tsp caraway seeds
finely grated zest and juice of
 $\frac{1}{2}$ unwaxed lime
35g sultanas
35g flaked almonds, toasted

1 To make the beetroot paste, throw everything into a food processor, add a pinch of sea salt, and blitz until a

paste has formed. Transfer to a bowl
2 To make the black rice, put the 240ml water in a saucepan and bring to the boil. Add the rice, caraway seeds and a pinch of sea salt. Reduce the heat to low, cover and leave to simmer for 20-25 minutes, or until all the water is absorbed, then leave to cool. Once cooled, transfer the rice to a bowl and add the lime zest and juice, sultanas

and almonds. Stir well.

3 Place two tablespoons of the beetroot paste in the middle of each tortilla and cover with one of the lettuce leaf halves. Top with a couple of heaped spoonfuls of the black rice filling. Sprinkle with the grated pear and fold or roll the tortillas to create a wrap.

PER SERVING: 386 CALS, 15.1G FAT

HEALTHIEST
LUNCH!





“In this salad, I use corn fresh from the cob, as nothing tastes better. However, if you are in a real rush, it’s fine to use tinned corn”

COCONUT, CORN AND HAZELNUT SALAD



Serves 4

Ready in 15 mins

3 tbsp coconut oil
4 ears of corn, shucked
1 small red onion, thinly sliced
40g coconut flakes
75g hazelnuts, toasted
75g sultanas

small handful of fresh flat-leaf parsley, chopped
juice of 2 limes
sea salt and freshly ground black pepper

1 Melt the coconut oil in a large frying pan over a medium heat. Add the corn, red onion and coconut flakes and stir to coat well with the oil. Cook for five minutes, then transfer to a serving bowl.

2 Add the toasted hazelnuts, sultanas, parsley and lime juice. Stir well and season with salt and pepper.

PER SERVING: 417 CALS, 30.4G FAT

ULTIMATE SUPERFOOD SALAD WITH HEMP AND BLUEBERRIES



Serves 4

Ready in 20 mins

4 large handfuls of baby spinach
1 head of broccoli, cut into small florets
1 cooked beetroot, thinly sliced
1 carrot, grated
1 avocado, peeled, pitted and sliced
small handful of fresh mint, roughly chopped
large handful of blueberries
1 tbsp flaxseeds
1 tbsp chia seeds
1 tbsp hemp seeds

For the blueberry dressing

large handful of blueberries
juice of 1 lime
2 tbsp apple cider vinegar
1 tbsp raw honey
1 tbsp olive oil
sea salt and freshly ground black pepper

1 Lightly toss the spinach, broccoli, beetroot, carrot, avocado, mint and blueberries together in a bowl.

2 Combine all the dressing ingredients in a blender or food processor and whiz until smooth. Drizzle the dressing over the salad, then sprinkle over all the seeds.

PER SERVING: 205 CALS, 16.2G FAT

BOOKSHELF



Recipes taken from **Superfoods*** by Julie Montagu (£18.99, Quadrille).

Photography by Yuki Sugiura.

“I always want to start my week out on the right foot, and this salad eaten on Monday always helps me to stay focused with what I’m putting in my body during the rest of the week”



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In Our Basket

To help ensure your kitchen stocks the most exotic ingredients, editor **Fae Gilfillan** takes your tastebuds on tour with the best international cuisine ingredients



Sacla' Gluten and Dairy Free Basil Pesto, £2.30, Ocado

A beautiful pesto with a much welcomed addition of tofu. It will add a burst of Italian flavour to your favourite meals



Speculaas Spice Mix, £4.04, www.speculaasspice.co.uk

Based on a much-loved Dutch recipe, this spice mix delivers deliciously warm, sweet and spicy taste sensations which work wonderfully in homemade biscuits



Mission Deli Sundried Tomato and Basil Wraps, £1.49, ASDA
These wraps offer a great new spin on your standard plain tortilla



Organic Lucuma Powder, £4.49, www.bodyme.co.uk

One of the most popular ice cream flavours in South America, this handy powdered version of the lucuma fruit will spruce up any smoothie



Great Food Authentic Mediterranean Falafel, £2, Tesco
This chunky chickpea falafel is baked instead of fried, it's incredibly light and tastes fantastic slotted in some pita bread with yogurt



Biona Organic Seitan Pieces, £3.29, Ocado
Marinated in soya sauce and ginger, these seitan pieces are fabulous in a stir-fry or salad



The Spicery Za'Atar Spice Blend, £7.75, www.gresado.com

This North African spice mix adds an exotic kick to any dish and lends itself well to flatbreads



La Dalia Smoked Paprika Powder, £2.85, www.gresado.com

Smoked paprika is a sublime Spanish spice and adds a gorgeous smokiness to patatas bravas!



Raw Mixed Vegetable Medley Sauerkraut, £10.99, www.inspiral.co

I love this as an enriching side garnish to any meal, it provides a great zingy flavour

WE'RE OFF TO COCO GONIA

A VOYAGE TO TASTE DISCOVERY

Join us on a trip to 'Cocogonia': a Mecca of taste. To get the ball rolling, we've put together 4 new organic coconut products. Full steam ahead!



IT'S COCONUT, IT'S NEW, IT'S A SUCCESS

Thrilled by the success of our **RICE-COCONUT DRINK**, we've created 4 new coconut-based products with other plant-based ingredients. The **COCONUT-ALMOND DRINK** introduces a unique blend of exotic coconut with a subtle taste of almonds. The new **RICE-COCONUT-PINEAPPLE DRINK** is a delicious new unsweetened mocktail with coconut and fresh organic pineapple. Moreover, we are adding a thrilling new drink to the mix in a convenient 200ml carton for all you people on the go; our **RICE-COCONUT-CHOCOLATE DRINK**. Provel's got it covered in the cool cabinet, too. Chilling on the cool shelf is another delectable coconut goody. Our creamy **SOYA-COCONUT PLANT-BASED ALTERNATIVE TO YOGURT** zero sugars only contains quality proteins extracted from the very best soya. As it's unsweetened, you can use it to flavour both sweet and savoury dishes. Or just enjoy its pure taste on its own. Our new **COCONUT-SOYA-CHOCOLATE DESSERT** is sure to go down a treat with everyone; a wonderfully tropical dessert made from organic cocoa and summery coconut.

WELCOME TO COCO GONIA AND SHARE YOUR RECIPES ON INSTAGRAM, #PROVEL

The fictional coconut world of Cocogonia has been created especially for you. Explore our broad and sustainable 100% organic coconut range with a map that marks a trail to delicious coconut recipes. You can even win a glamping trip in our cooking competition. Up for the challenge? Just take a photo of your dish made with one of our Provel coconut products, and share it on **Instagram**, #provel. Stuck for ideas? Click through the **Provel recipe page** www.provel.com. Read all about Cocogonia at www.provel.com/cocogonia and live the experience in your local organic shop and health food supermarket. Let's go!



PURE ORGANIC COCONUTS

Our organic coconuts from Sri Lanka are grown sustainably and transported by boat, cutting down the carbon footprint. As with all Provel ingredients, our coconuts are 100% organic and do not contain pesticides, artificial fertilisers or any genetically-modified substances. Provel products are available in organic and health food supermarkets.



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Provel

LOVE YOUR FUTURE

Great British DINNERS

Take a trip to the four corners of the UK and rediscover some lighter versions of a few ribsticking classics...

FROM
WALES

ALL THESE
RECIPES ARE
GLUTEN-FREE!

“This eternally popular Irish side dish makes simple mashed potatoes and cabbage much more of a treat by mixing them together!”

GLAMORGAN SAUSAGES



Serves 4

Ready in 45 mins, plus chilling

2 x 400g cans cannellini beans, drained and rinsed
1 small red onion, finely chopped
large handful of roughly chopped fresh parsley
4 carrots, peeled and grated
2 tsp dried mixed herbs
a splash of Tabasco sauce
low-calorie cooking spray

For the sauce

250g passata with herbs
1 tbsp balsamic vinegar
1 tbsp sweetener
salt and freshly ground black pepper

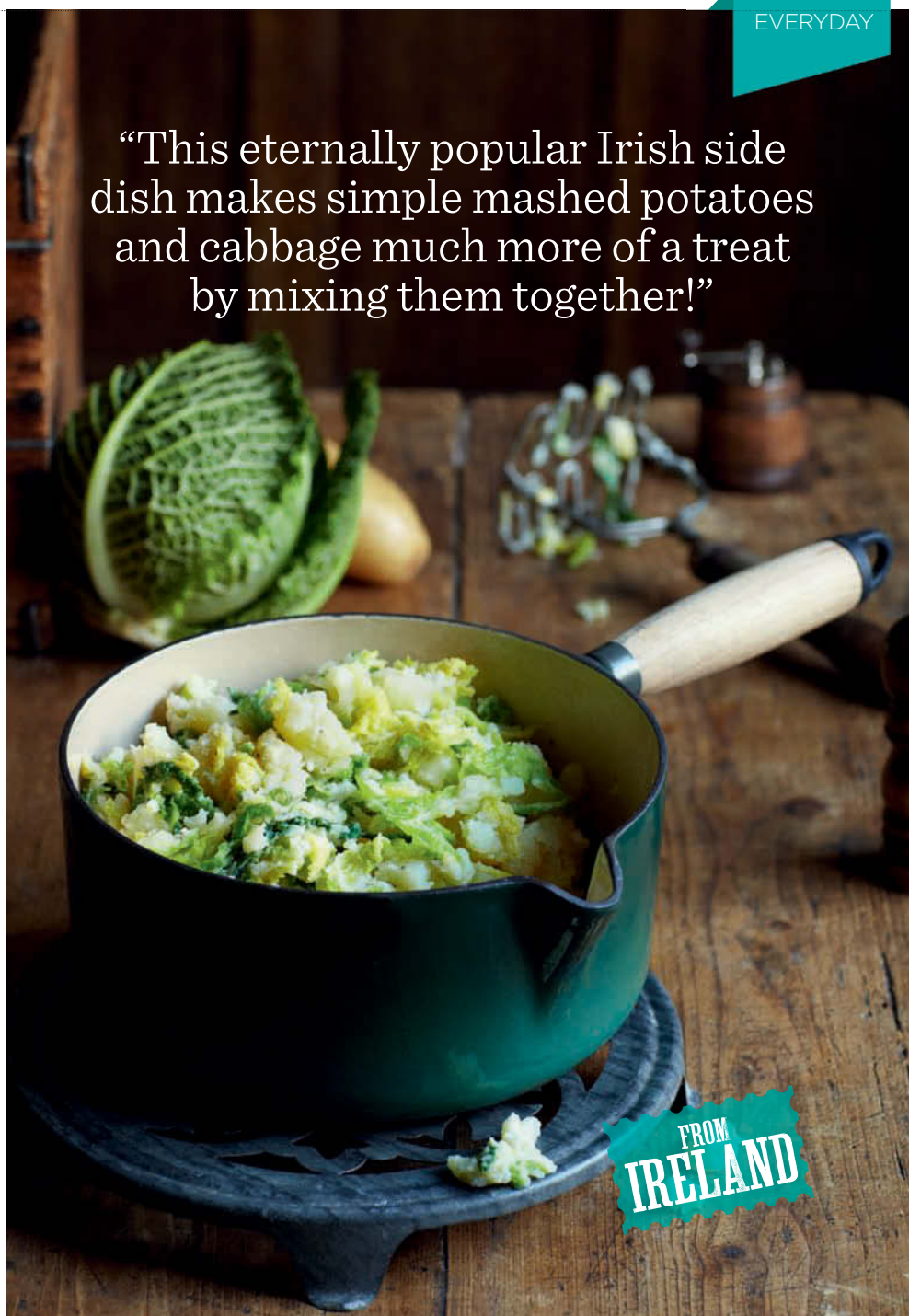
1 First make the sauce. Put the passata in a small saucepan with the balsamic vinegar and sweetener and season well. Bring to the boil then turn the heat to low, cover and simmer very gently for 4-5 minutes, stirring often. Set aside to cool.

2 Meanwhile, pop the beans into a food processor with the onion, parsley, carrots, mixed herbs and Tabasco sauce. Season to taste and pulse to combine. Transfer the mixture to a mixing bowl, cover and chill for 3-4 hours (this will help the sausages hold their shape when you cook them).

3 Divide the bean mixture into 12 equal portions and form each one into a sausage. Spray a large non-stick frying pan with low-calorie cooking spray and place over a high heat. Cook the sausages for 5-6 minutes or until lightly browned and crisp, turning occasionally. (You might need to do this in batches.)

4 Serve the sausages hot with the tomato sauce, mashed potatoes and your favourite vegetables.

PER SERVING: 249 CALS, 2.3G FAT



COLCANNON



Serves 4

Ready in 25 mins

1kg potatoes, peeled and cut into chunks
½ Savoy cabbage, cored and shredded
100g fat-free natural fromage frais
salt and freshly ground black pepper

1 Cook the potatoes in a pan of lightly salted boiling water for 12-15 minutes, adding the cabbage for the last 5 minutes to soften the leaves. Drain and return to a low heat to drive off any excess moisture.

2 Remove the pan from the heat, stir in the fromage frais and mash until smooth. Season to taste and serve hot.

PER SERVING: 216 CALS, 0.8G FAT

COOK'S TIP

To make champ, another Irish favourite, swap the cabbage for a bunch of finely chopped spring onions. The old British favourite bubble and squeak is a great way to use up leftover veg. Spray a pan with low-calorie cooking spray, add mashed potatoes, 1 tsp of mustard powder and some cooked cabbage (plus any other leftover veg you fancy) and fry until nicely browned.



FROM
SCOTLAND

“Traditionally popular in the Scottish Borders, rumbledethumps is a mouth-watering combination of potatoes, swede or turnip, onion and cabbage, scattered with cheese and baked until golden and bubbling.”

RUMBLEDETHUMPS



Serves 4

Ready in 1 hr

½ Savoy cabbage, shredded
1 onion, roughly chopped
600g turnips or swede, peeled and diced
800g potatoes, peeled and diced
4 tbsp skimmed milk
salt and freshly ground black pepper
60g reduced fat Cheddar cheese, grated

- 1** Preheat the oven to 190C/375F/Gas 5.
 - 2** Cook the cabbage in a large pan of lightly salted boiling water for 3-4 minutes. Remove with a slotted spoon and set aside.
 - 3** Return the water to the boil, add the onion and turnips or swede and cook for five minutes. Add the potatoes and cook for a further 8-10 minutes until nice and tender. Drain well and return to the pan. Break up some of the potatoes and turnips or swede with a fork, stir in the cabbage and milk and season to taste.
 - 4** Spoon the mixture into individual ovenproof dishes or ramekins and sprinkle with the cheese. Bake for 30-35 minutes or until the tops are golden brown and serve hot.
- PER SERVING: 271 CALS, 4.5G FAT

COOK'S TIP

You can also shape the rumbledethump mixture into tasty cakes. When the vegetable mixture is cool enough to handle, divide it into eight equal portions and form each one into a cake. Arrange the cakes on a baking sheet sprayed lightly with low-calorie cooking spray, sprinkle over the cheese and bake as above.

ROAST POTATOES



Serves 4

Ready in 50 mins

1kg floury potatoes such as Maris Piper,
peeled and cut to the size you like
low-calorie cooking spray
2 tsp garlic salt (optional)
small handful of finely chopped fresh
thyme leaves

1 Preheat the oven to 220C/425F/Gas 7 and line a roasting tin with non-stick baking parchment.

2 Cook the potatoes in a pan of lightly salted boiling water for 6-8 minutes or until they're just starting to soften. Drain thoroughly and tip the potatoes into the roasting tin.

3 Spray the potatoes with low-calorie cooking spray and sprinkle over the garlic salt, if using. Scatter over the thyme and roast at the top of the oven for 25-30 minutes or until crisp and golden on the outside and tender inside.

4 Serve hot with your favourite roast.

PER SERVING: 192 CALS, 0.7G FAT

FROM
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Recipes taken from Slimming World's *Food Glorious Food**, which is available from all 12,000 Slimming World groups now, priced £4.95. Photos by Slimming World's Food Glorious Food/Lara Holmes.

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READER OFFER!



ORGANIC MAGIC

If you try to buy organic food wherever possible, it makes sense to do the same with your beauty products. We love the range from Herbfarmacy as all the ingredients are organically grown and processed in Herefordshire. The Mallow Beauty Balm, £14.50 is a treat for run-down skin. For 20% off all products, enter the code COOK20 at the check out at www.herbfarmacy.co.uk



HAPPY PLANTS!

BE A GREENER YOU WITH OUR MONTHLY PLANET-SAVING ADVICE

Rita Marcangelo founder of Friends of The Earth gets handy with a pair of tights!

Plants prefer rainwater to tap water, and water butts are the perfect way to collect it. Help keep yours free from debris, such as leaves and moss, by fixing an old pair of tights over the bottom of the down pipe.

For more tips, visit www.foe.co.uk

3 OF THE BEST... Youth-boosting creams



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Bag it!

Satchels are a great workday companion as they're big enough to carry all of your essentials and still look sharp. This cheerful item adds a pop of colour to your outfit and we're pleased to say it's made using vegetarian material. Priced at £79.95, available from www.vegetarian-shoes.co.uk



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As well as being suitable for vegetarians, Delamere Dairy's goats' milk-based products – which includes milk, cheeses, butter and yoghurts – can also be suitable for people with an intolerance to cows' milk products, offering a nutritious and delicious alternative. To find out more, visit www.delameredairy.co.uk

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GranoVita has added some delicious products to the vegan and vegetarian scene. More recently, it's been working on products that are free-from, GMO-free and organically produced, with fantastic results. Their aim is to make healthy, nutritious and exciting vegetarian and vegan foods, which all deliver maximum flavour. To find out more, visit www.granovita.co.uk



HEAVENLY OIL

Essence of Eden has been supplying herbivores for 10 years with fabulous products. Its multi-award-winning Organic Coconut Oil has been the essential cooking ingredient in the kitchens of health-conscious foodies nationwide due to its amazingly creamy taste, and array of nutritional benefits. To find out more, visit www.essenceofeden.co.uk



SUPER SUPPLEMENTS

Xynergy Health Products is the home of quality supplements, many of which are suitable for vegans and vegetarians. This hub of veggie innovation also sells the much-loved Zk'in, an organic skincare brand from Australia, and Sunwarrior, an amazing source of raw, plant-based, vegan protein. www.xynergy.co.uk



GREATEST GRATER

The Microplane hand-held graters are the indispensable food prep tools and are used by culinary professionals and savvy home cooks. We love the new Spiral Cutter – it's perfect for veggie dishes like 'courgetti', as it carves vegetable spirals in seconds. Available from www.lakeland.co.uk

WHOLE RANGE

Just Wholefoods make a wide range of vegetarian foods and have been supplying meat-free households for over 25 years with essentials such as

Vegetarian Jelly Crystals, Banger & Burger mixes plus veggie alternatives to gelatine and rennet. The utterly delicious VegeBears range of organic gummy bears are some of the best sweets we've ever encountered! www.justwholefoods.co.uk



SAY SHEESE!

Specialist dairy-free, vegan cheese maker Bute Island Foods is continuously growing its extensive range of dairy-free, hard cheese alternatives called Sheese and its outrageously tasty soft Creamy Sheese products. There are nine delicious flavours of vegan hard Sheese, six mouth-watering flavours of Creamy Sheese and an innovate range of Melty Sheese – perfect for tangy toasties! www.buteisland.com

Ask ROSE

Rose lets the sunshine into her kitchen and shows us how to make the most of this summer's best-grown crop



Q DO YOU HAVE ANY FLAVOURSOME RECIPES FOR BROAD BEANS?

A Broad beans are delicious, especially when they're not much thicker than your little finger, and you can cook them pods and all, like French beans, and toss them in butter and chopped parsley. When they are normal size and you have to take them out of their pods, cook the beans in boiling water until just tender – only

a few minutes – then if you have time, pop the shiny bright green beans out of their grey outer cases: it's worth it for the colour alone!

I particularly like stirring them through some white basmati rice along with a fried onion and a small handful of plump raisins, and a scattering of crunchy toasted flaked almonds.



Q APART FROM GOOSEBERRY FOOL, WHAT OTHER GOOSEBERRY RECIPES ARE WORTH A GO?

A Gooseberry crumble and gooseberry pie! They're so easy because you don't need to pre-cook the gooseberries, just top and tail them. For a crumble, put them into a pie dish, sprinkle 3-4 tbsp of water over them, top with your favourite crumble recipe and bake at 180C/350F/Gas 4 for about 30 minutes. For

gooseberry pie, cover a shallow baking dish or metal pie plate with shortcrust pastry, top with your gooseberries, 2-3 tbsp water and some caster sugar, and cover with more pastry. Crimp the edges with your fingers or a fork, make 2-3 steam holes, and bake as described for crumble – it may take a shade longer. Serve scattered with caster sugar.



Q I ALWAYS END UP THROWING AWAY HERBS. WHAT'S THE BEST WAY TO KEEP THEM FRESH?

A Wash the herbs gently, shake dry. Line a polythene sandwich box with several layers of damp kitchen paper and put a layer of herbs on top. Cover with more damp kitchen paper, then more herbs, and continue until they are all in. Put a lid on and store in the fridge, they will keep for about a

week. I must say I also love to buy those little pots of growing herbs and keep them on the kitchen windowsill. This way you get double the value – the joy of seeing the vibrant, pretty herbs, while they are growing, and the pleasure of cooking and eating them when they are really fresh.



STIR-FRY TONIGHT

Short on time this evening? Try one of Rose's favourite stir-fries for a quick dinner that's huge on flavour

Lemony Vegetables: stir-fry julienne strips of carrot and red pepper with sliced broccoli florets, spring onions and mangetout in 1-2 tbsp of

really hot rapeseed or groundnut oil, until just tender, this should take 3 mins. Then stir grated zest and juice of 1 unwaxed lemon, and

chopped fresh parsley to taste. Add roasted cashews before serving.

Tofu, spinach and mushroom stir-fry: blot

a 400g block of tofu with kitchen paper to dry, cut into thin slices, fry in toasted sesame oil until crisp and golden, put in 200g sliced button

mushrooms and stir-fry for 2 minutes, add 200g baby leaf spinach and stir-fry until wilted. Scatter with sesame seeds and serve.

Have you got a question to ask Rose? Email rose@cookveg.co.uk or find us on Twitter or Facebook

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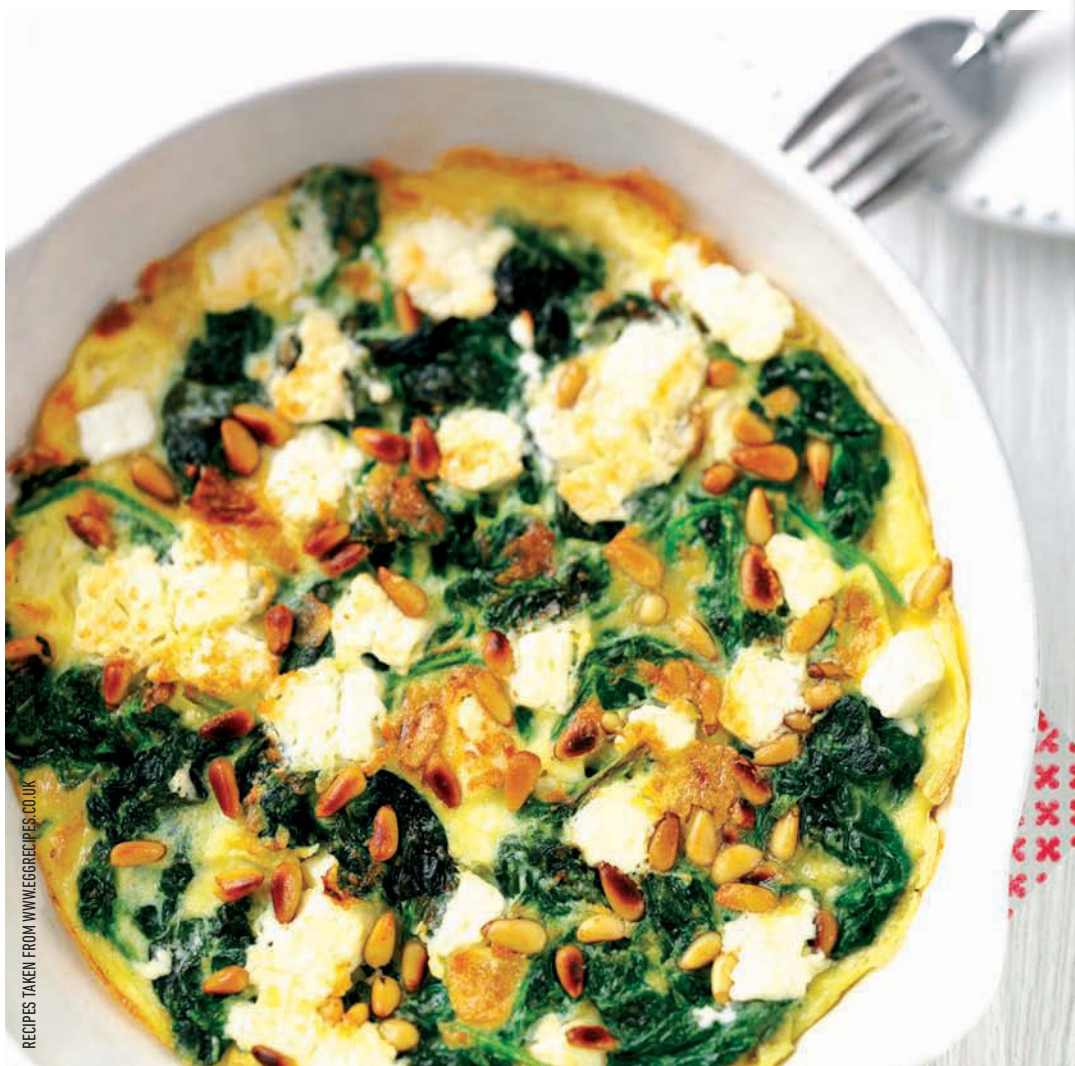


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TROLLEY *Dash!*

Stuck for what to eat tonight? This omelette is so incredibly simple and tastes unbelievable



SPINACH, FETA AND PINE NUT OMELETTE



Serves 1
Ready in 10 mins

2 free-range eggs
100g bag of baby spinach, washed
30g feta cheese, diced fairly small
1 tbsp toasted pine nuts
1 dsp coconut oil

- 1 Heat the oil in a small non-stick frying pan.
- 2 Add the spinach and allow it to wilt in the heat of the pan – this will take about three minutes.
- 3 Add the beaten eggs and mix everything around in the pan.
- 4 As soon as the eggs start to set, tip in the feta cheese and the pine nuts. Continue turning everything around in the pan for a minute or so.
- 5 Leave the pan on the heat until the outside is starting to go a golden brown colour.
- 6 Place a plate over the pan and hold it down securely. Lift the pan and turn it over so that the omelette is on the plate.
- 7 Slide the omelette back into the pan and cook the other side, then serve when ready.

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WHAT SUPP, doc?

Do vegetarians and vegans necessarily need supplements?
Nutritionist **Anita Bean** investigates

These days, it seems like there's a pill for everything. From your supermarket multivitamin, to the more expensive and exotic capsules and potions from exclusive apothecaries, the supplement industry is booming. But do we know what we're really taking, and is it worth our money? With good planning, you can get all the nutrients you need from your vegetarian diet without taking supplements. Food should always come first before

supplements. However, if your diet is not properly planned then you may miss out on certain nutrients. These include vitamin B12, iron, omega-3 fats, vitamin D and calcium. Taking a broad-spectrum vegetarian multivitamin and mineral supplement as well as a vegetarian omega-3 supplement can provide a useful back up to make sure you are getting the nutrients you need. Here's a quick guide to the top five supplements for vegetarians and vegans.

NUTRITION AMMUNITION:

Fabulous Vitamin D

Vitamin D is essential for strong bones. Low levels have also been linked with heart disease, dementia, bowel cancer and type 2 diabetes. You should be able to get all the vitamin D you need from 15 minutes of sun exposure a day on your face and arms and from foods such as egg yolk and fortified margarine, plant milk and breakfast cereals.

Daily intake*: 5 micrograms (mcg) (200IU) daily.

Supplement: If you can't get much sun, the National Institute of Health and Clinical Excellence, (NICE) advise 10 mcg (400 IU) vitamin D each day.

NUTRITION AMMUNITION:

Glorious Calcium

Calcium is needed for strong, healthy bones and teeth. It also helps with blood clotting; nerve and muscle function. Obtaining sufficient amounts of calcium is more difficult for vegans who don't eat milk or dairy foods. Vegan sources include fortified soya and rice drinks, almonds, dried figs, dark green vegetables and sesame seeds, and should be included in your diet daily.

Daily intake*: Adults need 800mg daily.

Supplement: Consider supplementing your diet with up to 800mg a day if you don't eat many calcium-rich foods.

NUTRITION AMMUNITION:

Incredible B12

Vitamin B12 is needed for making red blood cells and for the proper functioning of the nervous system but as it is found naturally only in animal products, vegetarians – and especially vegans – may miss out. It also acts with folic acid and vitamin B6 to control homocysteine levels. High levels of homocysteine are associated with an increased risk of heart disease. Consuming too little can result in fatigue, depression and anaemia (abnormal red blood cell development and shortness of breath) and nerve damage. Vegetarians can get their daily quota from eggs and dairy products but vegans should include B12 fortified foods at most meals: plant milks, yeast extract or flakes, vegan cheese and yoghurt, soya products and breakfast cereals, or take a supplement that provides B12.

Daily intake*: Adults need 1 microgram (mcg) B12 daily

Daily supplement: For vegans, the Vegetarian Society recommends a multi-vitamin and mineral supplement that provides 10 mcg of B-12.

Anita Bean is a registered nutritionist (RNutr: Sports & Exercise), author and freelance health writer. She has a degree in Nutrition and Food Science and has run her own nutrition and fitness consultancy since 1990. Anita is a member of the Nutrition Society, the Association for Nutrition and the Guild of Health Writers.

NUTRITION AMMUNITION:

Fantastic Omega 3s

Omega-3s can aid heart healthy as well as help prevent depression and asthma. The richest source is oily fish (which contains eicosapentanoic acid, EPA and docosahexanoic acid, DHA) but vegetarians and vegans can get the omega-3 fatty acid, alpha-linolenic acid (ALA, which is converted into EPA and DHA in the body) from chia seeds, pumpkin seeds and flax seeds (and their oils), dark green leafy veg and walnuts.

Daily intake*: There is no RDA for omega-3s. The European Food Safety Authority recommends 2-3g ALA or 250mg EPA/DHA. You can get this from 1 teaspoon flaxseed oil.

Supplement: Consider taking vegetarian omega-3 supplements if you don't get food sources of omega-3s regularly.

NUTRITION AMMUNITION:

Brilliant Iron

Iron is essential for the formation of haemoglobin, the oxygen-carrying pigment in red blood cells. It is also needed for a healthy immune system and preventing iron deficiency anaemia, which can leave you feeling tired and fatigued.

It can be found in whole grains, beans, lentils, green leafy vegetables, dried fruit, nuts, seeds, tofu, egg yolk and fortified breakfast cereals. However, 'non-haem' iron in plant foods is less readily absorbed than 'haem' iron in animal products (meat and fish). You can increase your uptake of iron by eating these foods with a source of vitamin C (e.g. fruit or vegetables).

Daily intake*: Adults need 14mg a day

Daily supplement: If you are in doubt about your iron intake, talk to your doctor. A simple test can determine your iron level and if iron deficiency is diagnosed, your doctor will recommend supplements. These may be taken in liquid or pill form. The usual recommended dose is 60-100 mg per day for three months. However, if you are not deficient then you shouldn't take supplements – they may do more harm than good.



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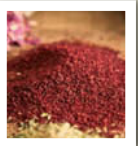
Middle Eastern food lifts veggie cooking to new heights. Here's our how-to...

LESSON No 2

MAGICAL MEZZE

FROM RACHEL DEMUTH,
DEMUTH'S COOKERY SCHOOL

PHOTO BY ROB WILSON, EAT PICTURES



Mezze style cooking is one of my favourites, with lots of small dishes to dip into. Mezze comes from the Persian 'maza' meaning 'taste' or 'relish'. It's perfect summer food eaten in a relaxed manner over a drink with friends before a meal, or as a meal in itself.

At this time of year broad beans make a vibrant green dip that goes excellently with salty feta cheese.

Hummus is tastier and cheaper to make yourself, simply crush cooked chickpeas, garlic, tahini and lemon juice and sprinkle with Aleppo pepper.

Now is the perfect time to make fresh dolmas with freshly picked young soft vine leaves, that just need a quick blanch before wrapping around a mix of rice, pinenuts, sweet spices and herbs and gently simmered. Serve cold with lemon wedges.

To find out more about Rachel Demuth's Cookery Courses, visit www.demuths.co.uk

WE LOVE

Preserved
Lemons



Originally invented as a way of keeping lemons for use in the winter months, preserved lemons add an unrivalled mellowed zing to dishes. Belazu make a quality version – just £2.82 from Waitrose.

THE ESSENTIAL RECIPE

Spicy Hummus

Hummus is usually quite a simple chickpea and tahini dip, but we've discovered a few upgrades that'll make yours the tastiest around. Begin by sautéing 1 chopped onion and 1 chopped red pepper in a little olive oil. Once soft, add 2 crushed garlic cloves and fry until fragrant. Pour the fried mixture into a blender with 2 tins drained chickpeas (reserving a few for garnish), 2 tbsp tahini, the juice and zest of 1 lemon, 1 tsp ground cumin, 1 tsp ground coriander and 1 tbsp Lingham's Chilli Sauce. Blend then adjust the seasoning. Sprinkle with half a tsp of smoked paprika and your reserved chickpeas to garnish.



3 RECIPES USING PITTA BREADS

THIS CHEAP STAPLE IS SO VERSATILE!



FAB FATTOUSH

Drizzle with oil and sprinkle with sumac before toasting under a hot grill. Break into shards and serve with diced cucumber, tomato, red onion and black olives. Drizzle with oil and serve.



HEAVENLY HALLOUMI

Fry halloumi and pack into a pita pocket with roasted red peppers (from a jar, patted dry with kitchen towel), black pitted olives and fresh rocket.



FANTASTIC FALAFEL

Cook your falafel balls before popping into a pita pocket with crisp lettuce, pickled chillies, tomatoes and a tahini dressing. Season and serve.

How to master: BABA GANOUSH

1.



ROASTIN' HOT

Using a roasting fork or tongs, char your aubergine over the open flames of a gas hob.

2.



IT'S A SCOOP!

Slice the aubergines lengthways and scoop out the flesh. Put in a sieve and leave to drain for 30 minutes.

3.



TO YOUR TASTE

Stir in the juice of 1 lemon and 1 crushed garlic clove. Taste and add more of either if desired.

4.



'MASHED IT!

Mash the aubergine with a fork and sprinkle with fresh herbs (eg mint or flat-leaf parsley, or both).

ILLUSTRATION: LOUISE ABBOTT

Make your best ever...

FALAFEL

with cookery school owner David Tomlinson

- * Dried chickpeas have a better texture and hold together better when fried. Soak in water overnight, drain and blend as per your recipe.
 - * Leave the mix in the fridge for one hour before using so that the flavours develop.
 - * Don't make the falafel too big as they won't cook through. Walnut-size balls or patties are ideal.
 - * Make sure the oil is hot before you fry the falafel and then reduce the heat a little to control the cooking. Fry in batches, as putting too many in at once will cool the oil and cause the falafel to absorb oil and break up.
 - * Always cook one or two falafel first to try. This way you can adjust the seasoning and the spices to taste.
 - * Replace the chickpeas with dried and soaked fava beans (broad beans), or half and half for the best of both worlds!
- FOR DETAILS ON DAVID AND LORRAINE'S GUEST HOUSE AND COOKERY SCHOOL NEAR LA ROCHELLE, CONTACT THEM AT DAVID@TOMLINSINFRAANCE.COM, OR VISIT THEIR SITE AT WWW.TOMLINSINFRAANCE.COM

KIT LIST

Inject a little Arabic flavour to your meals



The Bitter Truth Rose Water,

£8.99, www.creamsupplies.co.uk

Rose water is the perfect way to enliven your Middle Eastern salads and sweets, and this version from Cream Supplies is also suitable for use in cocktails.



Harissa Spice Blend,

£3, www.flavourmagic.com

Whilst traditionally North African, hot chilli paste harissa is just the ticket for spicing up your mezze. We love this offering from Flavour Magic, which harnesses quality ingredients.



Wicken Fen Mini Falafel Balls, £2.21, independent health food shops

These spicy chickpea balls make a wickedly quick dinner when teamed with your favourite salads or stuffed into a pitta with some fresh greens and hummus.

RADISH FATTOUSH

Serves 4

Ready in 15 mins

For the dressing

1 small clove garlic, crushed
15 mint leaves, chopped
juice and zest of 1 lemon
4 tbsp olive oil
small bunch flat-leaf parsley, chopped
salt and pepper

For the salad

2 stale pitta breads
20 radishes, quartered
2 large tomatoes, chopped
½ cucumber, peeled and chopped
2 shallots, thinly sliced
150g feta, crumbled
2 tsp sumac or zatar seasoning

1 Mix all the dressing ingredients with some salt and pepper in a small bowl.

2 Toast the pitta and tear into bite-sized pieces. Tip all the salad ingredients, apart from the sumac, into a large bowl. Pour over the dressing and toss well so all the salad is coated in dressing.

3 Transfer into a serving bowl or platter and sprinkle over the sumac.

PER SERVING: 329 CALS, 23.3G FAT



FOR MORE RADISH RECIPES, VISIT WWW.LOYERADISH.CO.UK

“The name ‘Fattoush’ derives from an Arabic word meaning ‘small crumbs’, which aptly describes the bite-sized chunks of toasted pitta bread featured in this tasty salad. Radishes – another key ingredient in this salad – are incredibly easy to grow in Lebanon and for many signal the start of summer, making them a popular ingredient”

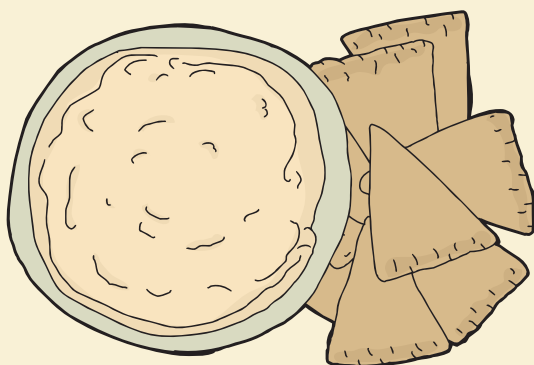
FOOD HISTORY

Hummus, for many vegetarians and vegans, is a staple food. The word ‘hummus’ is Arabic for ‘chickpea’ and chickpeas have been grown and enjoyed in the Middle East for thousands of years. Some sources say they were growing in the Babylon gardens.

Many peoples, cultures and countries like to lay claim to having invented hummus, but the truth is it’s been around for so long that its true origins have been lost in antiquity.

Several sources suggest that it’s one of the oldest prepared foods!

When eaten with wholegrain bread, it becomes a complete protein and is high in iron and vitamin C as well as vitamin B6 and folate. Hummus is so good for you, even the Greek philosophers Plato and Socrates have written about its nutritional benefits.

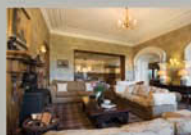




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the CURRY CLUB

In the second of our series, **Anjum Anand** walks us through five of the most commonly made mistakes when cooking a curry, and gives us her version of the ultimate Bombay Potatoes...

“Provided you follow the recipe and have all the ingredients to hand, curries are generally fairly easy to put together, in spite of their complex nature. To save you going wrong at the last hurdle, here are the five most common mistakes that people make when cooking Indian cuisine, plus how to avoid them!”

BEST EVER BOMBAY POTATOES



Serves 4-6

Ready in 50 mins



will ensure a more flavourful dish. Pre-ground spices have often been lightly roasted and the volatile oils that they would release will be well gone by the time you cook.

3 Always roasting your spices. I see a lot of people roasting their spices regardless of the dish. People seem to think that doing so brings out the best in the spice. This is false. Some regions like to roast the spices for a deeper nuttier flavour, others roast spices gently to crisp them up to help them grind into a powder (difficult in a humid climate and especially so without a spice grinder). Roasted spices can easily overpower a dish too. Most dishes I cook will use raw spices that will cook out in the pan and leave a more delicate, supportive flavour.

4 The base of a curry is called a masala. If your masala is not properly cooked, the curry will taste harsh, raw or just unbalanced. Cooking out a masala is easy and just requires patience. The only bits to remember is to cook powdered spices and garlic over a low flame as burning them will cause the dish to be bitter. After that, once the masala releases droplets of oil into the pan, it is cooked.

5 Taste your curry and have the confidence to adjust it to taste. Once the curry is done, taste it and adjust the flavours to suit your tastes. Elements you can add at the end to sort out an insubordinate curry are, browned onions, tomato purée, garam masala, cumin powder, black pepper, dried mango powder, lemon juice or tamarind, green chillies or red chilli powder.

3 large potatoes (around 900g), halved
4 tbsp vegetable oil
1 tsp cumin seeds
1 tsp mustard seeds
2/3 tsp turmeric powder
2 tsp coriander powder
1 good tsp cumin powder
1 tsp garam masala
1/2-3/4 tsp red chilli powder
1 large onion, cut into 2.5cm (1 in) cubes
2 medium-large tomatoes, one cut into quarters and the other into wedges
3 garlic cloves, peeled
15g ginger, peeled
salt, to taste
large handful of freshly chopped coriander

1 Bring a large pot of water to the boil and season. Place the potatoes inside and boil until just cooked through and soft, around 30 minutes. When cool enough to handle, peel and dice into 2.5cm (1in) cubes.
2 Blend together the ginger, garlic and the quartered tomato until smooth.
3 Heat the oil in a large non-stick frying pan. Add the cumin and mustard seeds and once the cumin starts to darken, add the onions. Cook for a minute before adding the blended tomato mix, powdered spices and salt. Sauté for 5-7 minutes or until the garlic smells cooked. If you are not sure, taste, it should taste harmonious.
4 Add the remaining tomatoes and stir well to mix and cook for 3-4 minutes. Add the potatoes and cook for another 3-5 minutes for the potatoes to finish cooking through and absorb the flavours. Check seasoning, stir in the coriander and serve.

PER SERVING (6 SERVINGS): 221 CALS, 10.16 FAT

1 Onions that are not properly cooked through. Onions add a sweet savoury base to a curry once cooked properly but many get impatient and move on to the next stage before the onions are soft all the way through. Taking the time to brown them a little gives a curry a depth of flavour that badly cooked onions just won't give. Take your time to cook your onions, especially if you are cooking them with only a little oil as you will need to do that over a low flame.

2 Old, dry spices. Freshly ground spices add so much flavour to Indian meals. It doesn't have to be ground on the day but grinding a small batch of spices at home

“Bombay potatoes is a restaurant dish and one which is probably a hybrid of some of India’s more popular home-grown ones. I have to say this dish probably beats my own Punjabi home-grown cumin potatoes”



BOOKSHELF

Recipe taken from *Anjum's Indian Vegetarian Feast* by Anjum Anand (£19.99, Quadrille).
Photography by Emma Lee.

The Weekend Project: Crisp and Flaky Veggie Tarts

This month, take a little time out to perfect your pastry, starting with this delicious tutorial from Bake-off's **Mary Berry**



GOAT'S CHEESE AND SHALLOT TARTS



Makes 8 tarts
Ready in 50 mins

For the pastry

175g plain flour, plus extra for dusting
100g cold butter, cubed
1 free-range egg, beaten
30g walnuts, roughly chopped
salt and freshly ground black pepper

For the filling

1 tbsp oil
500g banana shallots, thinly sliced
2 tbsp balsamic vinegar
1 tbsp light muscovado sugar
300g soft goat's cheese
2 free-range eggs, beaten
2 tbsp chopped parsley, to garnish

1 You will need two four-hole Yorkshire pudding tins. Preheat the oven to 200C/400F/Gas 6, and slide a large baking sheet into the oven to get hot.

2 To make the pastry, first measure the flour, butter and a little salt into a food processor and whiz until the mixture resembles breadcrumbs (or place in a mixing bowl and rub the butter into the flour with your fingertips). Add the beaten egg and one tablespoon of water and mix until a ball of dough is formed.

3 Roll out the dough thinly, on a floured work surface, to about 3mm ($\frac{1}{8}$ in) thick, then sprinkle the chopped walnuts over the pastry. Cover with a piece of clingfilm and roll over the clingfilm to press the nuts into the pastry. Cut out eight large circles using a pastry cutter or saucer as a guide and use to line the Yorkshire pudding tins. Place in the fridge to chill while you make the filling.

4 Heat the oil in a frying pan, add the shallots and cook over a high heat for

two minutes, stirring frequently. Lower the heat, cover with a lid and cook for 10 minutes until soft. Add the vinegar and sugar and cook for about 15 minutes, stirring every now and then, until dark brown and caramelised. Set aside to cool.

5 Put the goat's cheese, beaten eggs and one tablespoon of the parsley in a bowl, season with salt and pepper and mix until smooth.

6 Prick the base of the chilled tart cases all over with a fork, then spoon the shallot mixture into the pastry cases, dividing it evenly between the two tins. Pour the goat's cheese mixture over the shallot mixture, again dividing it equally between the tins.

7 Slide the tins on to the hot baking sheet and cook for about 20 minutes until the pastry is crisp and the filling just set and golden. Sprinkle with the chopped parsley and serve warm or cold.

PER SERVING: 379 CALS, 23.76 FAT

FREEZING TIP

The cooked tarts can be frozen. Defrost thoroughly at room temperature before serving - the texture of the goat's cheese topping may suffer if defrosted quickly.

BOOKSHELF

Recipe taken from *Mary Berry's Absolute Favourites** by Mary Berry (£25, BBC Books). Photography by Georgia Glynn Smith.

*INCLUDES NON-VEGETARIAN CONTENT



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ALL THIS FOR YOU!

This month we're offering plenty of cooking gadgets, wonderful vegetarian food hampers and more!



WIN A GREENPAN BUNDLE!

Our health is the most precious thing we have, and GreenPan is passionate about healthy cooking. GreenPan uses a revolutionary ceramic coating, which is safer, stronger, and more energy efficient than traditional non-stick pans. You can fry an egg on a GreenPan with less oil or butter. Better for the environment, better for food and better for you! Now you can own a set for yourself, as GreenPan is offering two winners the chance to win a set from its Sofia Collection, which includes three saucepans and two frying pans.

The stylish Sofia Collection offers perfect heat distribution and base stability and is suitable for all hobs. All pans feature a stay-cool Bakelite handle, an extra thick base, and trimmed edges – to protect and keep them absolutely flawless.

If you wish to learn more about the GreenPan range, visit www.greenpan.co.uk



WIN AN AEG MIXING MACHINE!

We're offering one lucky reader the chance to win a state-of-the-art mixer which is capable of turning Mary Berry green with envy. The AEG kitchen machine KM4400 comes in a tungsten metallic gloss with stainless steel accents, and is equipped with a whisk, flat beater and dough hook, and optional Express Slicer & Grater and Grinder so you'll be sorted in all departments! This stunning kitchen gadget puts a massive 1,000 watts of smoothly-harnessed power at your service and with its two bowls, you get an impressive combined volume of over 7.5 litres.

Find out more about the KM4400 or other AEG products at www.aeg.co.uk

WIN A CUPCAKE MAKER BUNDLE!

We've teamed up with baking guru Giles & Posner to offer five lucky winners the chance to win a fabulous red Cupcake Maker bundle. With the ability to bake up to six cupcakes at a time, the Cupcake Maker is both practical and stylish, and its non-stick coated cooking plates ensure golden brown cupcakes every single time. It's super fun, incredibly easy to use and comes complete with all the accessories you need to bake and decorate a variety of tasty treats, including eight different nozzles and 50 paper cupcake cases. Enjoy the delights of the corner bakery in your own kitchen – a sure-fire way to please family and friends!

For more information and to view the full range of novelty kitchen appliances, visit www.gilesandposner.com



WIN A MACSWEEN HAMPER!

We are delighted to offer four lucky readers the chance to win a tempting Macsween Hamper containing a selection of vegetarian haggis goodies, including the special edition Moroccan Spiced Haggis, the 'Great Taste Awards' gold medal-winning vegetarian haggis and a copy of *The Macsween Haggis Bible* containing lots of tasty recipes, all presented in a Macsween cloth bag. Macsween, the famous family of haggis makers, created their much-loved vegetarian haggis 30 years ago, and due to huge popular demand it became a permanent fixture.

The vegetarian haggis is a healthy, hearty combination of fresh vegetables, sunflower and pumpkin seeds, oats, onions and spices. For more information, and to find some inspiring Haggis recipes (like the warm haggis salad recipe pictured), please visit www.macsween.co.uk

HOW TO ENTER...

For your chance to win this month's fabulous prize draws get online today! www.cookveg.co.uk/giveaways

TERMS AND CONDITIONS

These prize draws are open to all UK residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per person. The prizes detailed in each prize draw cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. Entries must be via our online entry page. It cannot be exchanged for cash, or replaced if lost or

damaged. Entries that do not abide by these terms and conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. The decision of the judge is final and no correspondence will be entered into. CLOSING DATE: 5th June 2015. Winners will be notified by 19th of June, a list of winners will be available in writing on request from Andrea Turner, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY

**SPOONS**

3 Teaspoons =
1 Tablespoon
8 Tablespoons =
½ Cup
1 Quart =
4 Cups

VOLUME

millilitres	oz/pints
30	1fl oz
50	2fl oz
100	3 ½ fl oz
150	5fl oz or ¼ pint
200	7fl oz or ⅓ pint
300	10 fl oz or ½ pint
500	18fl oz
1 litres	1 ¾ pints
1.2 litres	2 pints
2 litres	3 ½ pints

CUPS

cups	grams
1 cup flour	150g
1 cup brown sugar	175g
1 cup butter	225g
1 cup raisins	200g
1 cup ground almonds	110g
1 cup uncooked rice	200g
1 cup grated cheese	110g

THE REALLY USEFUL GUIDE

Cooking can be a bit of a minefield with its tricky conversions, Americanisms aplenty and countless other baffling cooking translations. Well no sweat, this veggie-friendly conversion guide will make life in the kitchen that little bit easier...

WEIGHT

grams	oz
5g	1/8oz
10g	1/4oz
25/30g	1oz
50g	1 ¾oz
70g	2 ½oz
100g	3 ½oz
150g	5 ½oz
200g	7oz
300g	10 ½oz
400g	14oz
600g	1lb 5oz

TEMPERATURES

gas mark	celsius	fahrenheit
1/2	120	250
1	135	275
2	149	300
3	162	325
4	176	350
5	190	375
6	204	400
7	218	425
8	232	450
9	246	475

CHEESES TO APPROACH WITH CAUTION

The world of cheese can be a realm where vegetarians often slip up. Here's a list of cheeses that aren't always veggie

Emmentale
Gruyère
Gorgonzola
Manchego
Parmesan
Parmigiano Reggiano
Pecorino Romano
Vacherin

GLUTEN-FREE GRAINS

Amaranth
Buckwheat
Corn
Oats (check packet if coeliac)
Quinoa
Rice

PERFECT VEGGIES TO ROAST

Aubergine	Courgette	Squash
Beetroot	Jerusalem artichoke	Swede
Carrot	Parsnip	Tomato
Celeriac	Potato	Turnip

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COOK VEGETARIAN PIPING HOT

Here you'll find an exciting selection of all the best veggie food, appliances and places to visit this month

ODOURLESS COCONUT OIL

Suma's new Odourless Coconut Oil is a super-versatile addition to any store cupboard. To transform the coconuts into an odourless oil, the coconut is lightly steamed which removes the flavour but still retains much of the nutritional value, making it ideal for roasting, baking and frying. Produced sustainably in the Philippines by a community-oriented business which creates new opportunities for workers in farming communities, Suma's new odourless coconut oil will leave you feeling like you're walking on sunshine!

A 320g jar is £3.09 and 650g jar is £5.49 from independent health food and wholefood shops



LOADED SKINS

We can't recommend Vbites' Cheezly & Chorizo Style Potato Skins enough! Launched in April, they're meat-, dairy-, lactose- and cholesterol-free

with absolutely no GMOs, hydrogenated fats or oils, or artificial colours. This spicy and savoury combination of Vbites' delicious chorizo and cheezly products makes for the perfect light snack that will satisfy even the most demanding taste buds. Enjoy them for lunch with salad or use to complement your dinner.

Pick up a pack today for just £3.49. Find your nearest stockist at www.vbitesfoods.com



FLAVOUR FUSION

Middle Eastern baking is all the rage right now, so it pays to invest in a good quality natural rose flavouring such as this one (from £3.99, www.foodieflavours.com) from piquancy experts Foodie Flavours. Use it in Turkish Delight, cakes, bakes and frostings to infuse your cooking with the essential Middle Eastern vibe. And if floral tangs aren't your thing, there's a wealth of others to choose from at your one-stop flavour emporium.

Visit www.foodieflavours.com today to find your favourite.

SUMMER SNEEZES

Do you suffer from hayfever? If you don't want to take drugs, why not give HayMax drug-free allergen barrier balms a go? In a 2014 survey by Allergy UK roughly half of the respondents said that HayMax allergen barrier balm worked immediately, and a further third said it worked after an hour or two. So there's no need to use this kind of product until your symptoms actually start, saving you both money and time. And, unlike many anti-histamines, HayMax has no drowsy side effects, which means they are ideal if you need to drive or concentrate. The balms are also drug-free and suitable, for children, teenagers and pregnant and breast-feeding women.

HayMax drug-free allergen barrier balms cost £6.99 per pot. Find your nearest stockist at www.haymax.biz



DELICIOUS DUO

Farrington's Mellow Yellow Mayonnaise and Garlic Mayonnaise have both won awards and it's easy to see why. The delicious duo are made with cold pressed rapeseed oil and don't include any additives whatsoever, so you can enjoy a lovely yellow mayonnaise made with quality ingredients. They're both brilliant with salads, chunky chips or to make your own coleslaw. We love the new look too with zingy green and purple labels!

A 240g jar costs £2.50 from Sainsbury's



TASTE THE FAVA

Hodmedod's Organic Split Fava Beans are delicious, nutritious, versatile and incredibly easy to cook, as they don't need soaking and can be cooked from dry in just 30 to 40 minutes. The longer the beans cook, the softer they become, making them ideal for a deliciously warm humous. The magical beans are the main ingredient in Egyptian falafels, which has recently been declared the best falafel recipe in the world! Like all Hodmedod's beans, peas and quinoa, the organic fava beans are all grown on British farms.

Pick up a 500g pack of Hodmedod's Organic Split Fava Beans for £2.29 from Ocado, Whole Foods Market and independent retailers.



BURSTING FLAVOURS

Wake up to the vibrant vitality of vitamin-packed juices and smoothies with the stunning Fast Centrifugal Juicer from KitchenAid. The two-speed setting for soft and hard fruit and vegetables extracts a maximum amount of juice and the nifty manual pulp control – with three adjustable settings – allows for that variety you'd only expect at juice bars. Easy on the eye and available in a beautiful range of colours, this impeccable juicer is sturdy, stable and always on standby to juice up your life.



Normally selling for £299, Harts of Stur is offering this juicer for £289.99. Visit www.hartsofstur.com or call 0800 371355

SPREAD SAVIOUR

If you're looking to include some omega-3 into your vegetarian lifestyle, there's no simpler option than using TIANA's Organic Exquisite Omega 3 Spreadable. It's a premium quality, dairy-free, deliciously creamy butter alternative which is also free from cholesterol and trans-fats. TIANA Organic Exquisite Omega 3 Spreadable is suitable for vegetarians and vegans, as it contains omega-3 derived from top-quality cold pressed flaxseed oil. Omega-3 fatty acids contribute to the maintenance of normal blood cholesterol levels and normal functioning of the heart, when included as part of a healthy balanced lifestyle. Without any coconut taste or aroma, it tastes as good as the best dairy butter and goes perfectly in sandwiches, toast or when cooked with vegetables, pasta, rice or potatoes.

TIANA Organic Exquisite Omega 3 Spreadable costs £5.99 from Holland and Barrett, Wholefoods Market and all good health stores nationwide. Visit www.tiana-coconut.com for more information



BEST OF THE BARBECUED

Vegetarians often strike an uncomfortable figure at a barbecue, poking around the food options and settling for cheese and pepper constructions. Well fret no more veggies as Original Meat Free Gourmet has created a range of delicious sausages jam-packed with goodness, primarily consisting of fresh vegetables. We think that the Beetroot and Horseradish, and Chestnut and Mushroom sausages taste superb on their own, or go for the classic option and slot them in a bun with plenty of mustard and you'll have the healthiest and tastiest hot-dog in the garden!

Available for £3.79 from Holland & Barrett



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COOK VEGETARIAN



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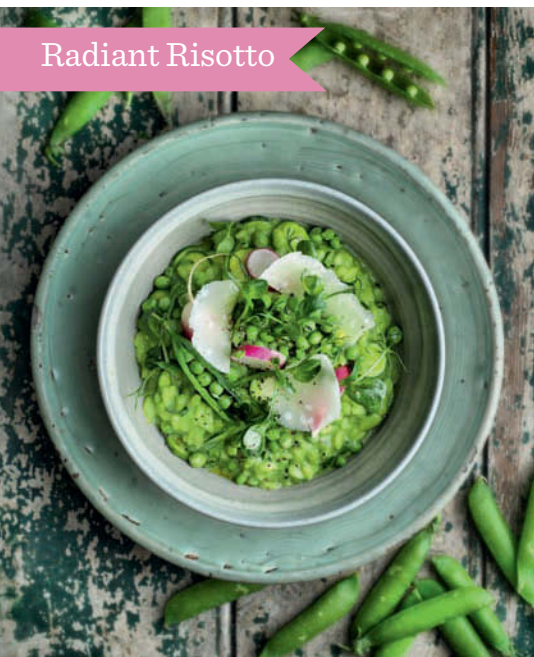
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Dinner at yours

We'd love to hear your news and views, favourite recipes and comments about anything you've read in Cook Veg, and you could win a fantastic prize

Radiant Risotto



Do as Yuzu?

It seems I can't shop or read health food blogs these days without spotting the Yuzu fruit. It's becoming popular but I'm always a little sceptical when it comes to being persuaded by the newest health trend. Do you think I should seek it out or is it one to miss?

Liam Feehan, by email

Glad to hear our advice doesn't prompt scepticism, Lee! We've been championing the Yuzu fruit for a while now; it's tasty, contains an abundance of vitamin C and is marvellous for the skin. We love to pour a bit of the bottled variety into our ice cream recipes.

Veggie Abroad

I'm off on my holidays in the summer – and I can't wait! – but I'm almost always left disappointed by the lack of vegetarian options at the restaurants we visit. We tend to go on weekend trips away to places in western Europe, and we've booked to go to Paris in August. I was wondering if you had any tips?

Linda Durst, by email

We totally agree, Linda, although I've got to say we're equally jealous too! Paris is a beautiful city but finding veggie hot-spots can be tricky. Head to L'as du Fallafel in the Le Marais area – bon appétit!

Fresh is Best

I absolutely love Raymond Blanc and it was amazing to see his recipes in your latest issue (May), as I was getting excited watching his *Kew on the Plate* television show at the same time. I've cooked every single recipe, although my favourite has got to be the Spring Pea Risotto – it's so fresh and flavoursome. These meals manage to create excitement for the freshest of produce and are healthy as well – happy days!

Kathy Hartland, by email

Thanks for writing in, Kathy, and we couldn't agree more. Raymond is one of our favourite chefs due to his sheer enthusiasm for using vegetables and understanding them from plot to plate. The Spring Pea Risotto is amazing – it's so juicy and fresh – and it's the perfect meal to enjoy while bathing in the sunshine in your garden!

"These meals manage to create excitement for the freshest of produce and are healthy as well"



WRITE IN TO WIN!

For your chance to win an exclusive Quinoa Mothergrain hamper, all you need to do is write in and tell us what you've enjoyed about the magazine this month. Or, share your favourite cookery tips via Twitter @cookveg or Facebook www.facebook.com/cookvegetarian. Quinoa Mothergrain is a complete vegetable protein and contains all eight essential acids our bodies need. Quinoa can quite easily replace meat and you'd still get all the protein you need and more! Visit the Quinola website to find lots of great Quinola recipes and serving suggestions: www.quinola.com

What you're cooking this month...

We asked you to send pictures of your healthy veggie meals on Twitter, and joined forces with our friends at Honestly Healthy to select our favourites!



OUR FAVOURITE ONLINE COMMENT THIS MONTH...

"What I miss most about the UK? @cookveg. Best magazine ever. Need to get it in France"
Elodie3_0, via Twitter. Share your comments: www.facebook.co.uk/cookvegetarian and @cookveg

June's Recipes

All of the full-length recipes in this issue of *Cook Vegetarian* are listed here, but remember – there are lots more tips & recipe ideas throughout!



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The Bite-sized VEGETARIAN

When comedian **Lucy Porter** gets fixated on one ingredient, it takes over her life...

People often ask me if I'm pregnant. They're not being rude about my weight, but simply reacting to my weird food choices. I get fixated on a single ingredient and cannot bear to eat anything else. I had friends to stay this weekend and they were startled by the fact that for two days I ate aubergine at every meal including breakfast.

I have always been subject to violent food cravings. My mum reminded me recently that there was a whole year of my childhood where I demanded Birdseye's boil-in-the-bag cod and frozen peas for tea every single night. My parents thought it was a bit odd but it didn't seem to do me any harm. They were relieved when I moved on to my next fad though – mashed potato mixed up with cheese and beans – largely because it was a lot cheaper. My mum reckons our family was all that kept Captain Birdseye afloat in the 1980s.

Dill deficiency

Over the years my passions have included black grapes, dill, pickled walnuts, roasted kale, beetroot and pine nuts. Every now and then a new cheese will take my fancy, most recently it's been Manchego, before that it was Wensleydale with apricot. Whatever it is, I buy it by the kilo. I have sometimes wondered if I yearn for these foods because of some deficiency in my diet. I could see that the cheese cravings might be related to a lack of calcium, but has anyone ever been diagnosed with a dill deficiency?

I think it's more likely just another facet of my slightly obsessive personality. It's the same urge that makes me play songs I love to death. Some years ago I remember my neighbour coming round to ask me if I'd

stop playing Will Young's *Leave Right Now*, as she felt that over 30 times in one evening was enough. I have also found that I will take up a new form of exercise, do it every single day for a week, and then never ever do it again. If anyone fancies an Ab-roller, Thighmaster or entire fencing kit, I've got them in my garage.

Aubergine obsessive

Whilst I am in the throes of a craving, I can't imagine it ever ending though. At the moment I can't picture a day when I won't want aubergine for every meal. This fad was sparked when I got a Chinese takeaway and finally got round to trying the Fish-spiced aubergine. It doesn't sound vegetarian, but the lady in the restaurant assured me that it was actually just called that because they use the same spices that are normally used to flavour fish dishes. Although on the takeaway menu it was listed as 'Sea Spiced Aborigine', which would definitely be off-limits to veggies.

It was so delicious that I went to the supermarket and bought an entire basket of aubergines, but I must admit that I am starting to run out of ideas for what to do with them. I have made baba ghanoush for breakfast, melanzane alla parmigiana for lunch and Jack Monroe's Keralan Aubergine Curry as a light supper. I have googled 'Eggplant' endlessly, which has introduced me to the phenomenon of Eggplant Friday – don't look it up if you're faint-hearted, it has nothing to do with aubergine, and is definitely not suitable for work.

I've just taken a batch of aubergine crisps off the stove, but I must dash now as I am off to yoga for the third time this week. If anyone fancies a yoga mat, just give it a few days and get in touch.





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